



Meatball Soup

Ingredients

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| 6 cups water | 8 ounces lean ground beef, turkey, or chicken |
| ½ cup brown rice | 1 tomato, finely chopped |
| 3 low-sodium beef- or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder | ½ onion, peeled and finely chopped |
| 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano | 1 large egg |
| | ½ teaspoon salt |
| | 2 cups chopped fresh vegetables (carrots, celery, and broccoli) |

Preparation

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 30 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

This simple soup with hearty meatballs is a tasty meal you can enjoy at home or reheated at work.

Makes 4 servings.

½ cup broth mixture and 3 large meatballs per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 196, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 16 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 407 mg