

Italian Wedding Soup

Ingredients

For the Meatballs

- 4 slices sour dough bread
- 2/3 cup Fat Free milk
- 2 Egg Whites from Jumbo Eggs **or**
- 6 Tablespoons Egg Beaters
- 1 1/4 teaspoons salt
- 1 20 oz, package of Jennie-O Extra Lean Ground Turkey Breast
- 1 medium onion, grated or finely diced
- 3 tablespoons grated Parmesan cheese
- 1 teaspoon garlic powder
- 3 teaspoons fresh parsley **or**
- 1 teaspoon dried parsley

For the Soup

- 2 medium onions, diced; about 2 cups
- 2 cups finely diced carrots (about 3 large carrots)
- 1 12 oz bag fresh Spinach – chopped
- 2 large garlic cloves, peeled and minced
- 4 Quarts (16 cups) water
- 3 Tablespoons **BETTER THAN BOUILLON**
- 1 1/2 teaspoons dried Italian herbs **or**
- 3/4 teaspoon each: dried oregano and dried basil
- 1 teaspoon salt, to taste
- 1/2 to 1 teaspoon coarsely ground black pepper, to taste
- 2 2/3 cups uncooked orzo, ditalini, or other small, roundish pasta



Nutritional Information:
Each 12 oz Serving:
Calories: 195
Fat: 2.6 grams
Protein: 12.4 grams

Directions

- 1) To make the meatballs, combine the bread, egg, milk, and salt, mix till everything is well moistened. Allow to sit for about 10 minutes to soften.
- 2) Add the ground turkey, onion, cheese, and herbs. Mix gently till thoroughly combined but do not over mix or meatballs will turn out dense.
- 3) Shape tiny meatballs, (about 1" diameter or less). A level teaspoon scoop (which volume-wise is actually 2 level measuring teaspoons) makes about the right size. Place the meatballs on a parchment-lined or lightly sprayed cookie sheet
- 4) Bake at 350°F for 10 minutes.
- 5) Take a large pot (at least 6-quart capacity) and pour a small amount of water and 1-tablespoon bouillon into the bottom of the pot, and add the onions and carrots. Cover and cook in the broth over a medium heat, stirring frequently, until the onions are translucent and beginning to brown, about 10 minutes. Add the garlic, and cook for another couple of minutes.
- 6) Add the remaining water, bouillon and herbs, and bring to a simmer; cook gently for 15 minutes.
- 7) Gently drop the meatballs into the soup. Simmer the soup for 20 minutes or so, then stir in the pasta and the spinach, cooking until the pasta is al dente. For orzo, this will take about 8 minutes.
- 8) Add salt and pepper to taste; 1-teaspoon salt; and 1-teaspoon coarsely ground black pepper.
- 9) Serve the soup garnished with freshly grated Parmesan cheese.

Yield: 29 cups, about sixteen 12-ounce servings.