


# Recipe of the Month

## Light Italian Wedding Soup

 Prep: 25 minutes

 Cook Time: 45 minutes



### INGREDIENTS

- 16 oz Chicken Meatballs
- 10 C Reduced Sodium Chicken Broth
- 2 C chopped cauliflower
- 2 C chopped carrots
- 1 C chopped celery
- 1 C chopped yellow onion
- 6 C chopped spinach leaves
- 2 tbsp minced garlic
- 1/2 tsp kosher salt
- 1.5 tbsp chopped fresh oregano
- **Optional:**
  - 1/4 C grated parmesan cheese

### DIRECTIONS

1. Spray a large nonstick pot with oil spray over medium heat. Add onion, carrot, celery, and garlic. Cook until the onion is translucent ~ 5 minutes.
2. Add 4 cups broth to the pot and bring to a boil.
3. Add pre-made chicken meatballs to the pot, and return to a boil.
4. Reduce to a simmer. Cook for ~ 5 minutes.
5. Meanwhile, pulse cauliflower in a blender until reduced to rice-sized pieces (or purchase riced cauliflower).
6. Carefully add the remaining 6 cups broth to the pot. Return to a boil.
7. Reduce heat to low. Add cauliflower rice. Stirring occasionally, cook until cauliflower rice is tender and all other veggies have softened about 8 minutes.
8. Lastly, add spinach and stir until wilted.
9. **Optional:** Top with parmesan cheese and fresh oregano. Enjoy!

**Nutrition:** Serving Size: 1/10th of the recipe (about 1 1/3 cups):  
108 calories, 2.5g total fat (1g sat. fat), 677mg sodium, 8g carbs,  
2g fiber, 3.5g sugars, 12.5g protein