

# Classic Italian Wedding Soup

Yield: 4 min  
Total Time: 29 min

Recipe from: <https://www.recipeschoose.com/recipes/south-beach-italian-spinach-pie-recipe>

## Ingredients:

- 8 ounces ground chicken
- 8 ounces sausage casings ground chicken, removed
- 1/4 cup bread crumbs
- 1 egg
- 1 tablespoon Italian seasoning
- salt
- pepper
- 1 tablespoon olive oil
- 1/4 cup chopped onion
- 3 large carrots chopped
- 2 stalks celery chopped
- 3 cloves garlic
- 10 cups chicken stock
- 1/2 cup orzo uncooked acini di pepe pasta, will also work
- 4 cups spinach chopped
- 1/2 cup Parmesan

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 130 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 39 grams
7. SaturatedFat: 4 grams
8. Sodium: 1420 milligrams
9. Sugar: 17 grams

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