

# Italian Wedding Soup with Veggie Balls

Yield: 9 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/eggplant-zucchini-and-swiss-chard-recipe>

## Ingredients:

- 1 onion medium, cut into chunks
- 1 small carrot cut into chunks
- 4 cloves garlic peeled
- 2 ounces fresh basil
- 1/3 cup extra-virgin olive oil
- 3 1/2 quarts cold water
- 1 bunch kale stems removed and torn into 1/2-inch pieces
- 1 bunch Swiss chard stems removed and torn into 1/2-inch pieces
- 1 pound zucchini cut into 1/2-inch pieces
- 2 Parmesan rinds
- 2 tablespoons salt plus more to taste
- 1 1/2 pounds cheese tortellini
- 2 quarts water
- 1 tablespoon salt
- 1 eggplant large, unpeeled and cut into 1-inch cubes
- 1 1/3 cups panko breadcrumbs divided
- 1/4 cup grated Parmesan cheese
- 2 tablespoons parsley minced
- 2 garlic cloves minced
- 1 egg lightly beaten
- salt
- pepper
- olive oil for frying

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 54 grams

3. Cholesterol: 60 milligrams
  4. Fat: 19 grams
  5. Fiber: 7 grams
  6. Protein: 19 grams
  7. SaturatedFat: 6 grams
  8. Sodium: 3000 milligrams
  9. Sugar: 5 grams
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