

Chicken Meatball Italian Wedding Soup

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-meatball-soup-recipe>

Ingredients:

- 2 pounds ground chicken
- 2 teaspoons dried oregano
- 2 teaspoons dried marjoram
- 2 teaspoons dried thyme
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary or 1 tsp fresh
- 2 teaspoons dried parsley
- 1 1/2 teaspoons black pepper
- 1 teaspoon fennel seeds
- 1 teaspoon paprika
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 1 egg beaten
- 6 tablespoons extra virgin olive oil divided
- 4 garlic cloves minced
- 2 sweet potatoes medium, cut into 3/4'' cubes
- kosher salt to taste
- 1 white onion large, coarsely chopped
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup dry white wine
- 15 ounces cannellini white kidney beans
- 3 handfuls spinach
- 4 cups chicken broth
- 1 cup water
- Parmesan to garnish, optional
- fresh herbs

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 125 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 4 grams
8. Sodium: 870 milligrams
9. Sugar: 2 grams

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