

Slow Cooker Italian Wedding Soup

Yield: 6 min
Total Time: 260 min

Recipe from: <https://www.recipeschoose.com/recipes/olive-oil-italian-herb-pasta-recipe>

Ingredients:

- meatballs
- 1 pound ground chicken
- 1/3 cup whole wheat breadcrumbs
- 1 teaspoon italian seasoning
- 1 egg beaten
- 2 tablespoons milk
- 2 tablespoons grated Parmesan cheese
- 3/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- soup
- 2 carrots large, or 3-4 smaller carrots, peeled and cut into 1-inch slices
- 1/2 onion large, diced
- 5 cups chicken broth or chicken stock, add more at the end if the soup looks too thick for your preference
- 1/2 cup uncooked small pasta such as “stelline”, stars
- 6 ounces baby spinach

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 105 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 530 milligrams

9. Sugar: 2 grams

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