

Slow Cooker Italian Meatball Soup

Yield: 10 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/whole30-italian-meatball-recipe>

Ingredients:

- 3 medium carrots sliced
- 2 celery ribs, sliced
- 1 yellow onion medium, diced
- 1 teaspoon Italian seasoning dried
- 1/4 teaspoon black pepper
- 1 bay leaf
- 12 ounces Italian meatballs frozen, the fully cooked kind
- 32 ounces beef broth reduced sodium
- 2 cups water
- 5 ounces dry red wine like a cabernet sauvignon
- 30 ounces diced tomatoes each cans, with Italian seasonings
- 3/4 cup ditalini pasta
- 5 ounces baby spinach fresh
- grated Parmesan cheese sprinkle of freshly, optional and not included in point value

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 570 milligrams
9. Sugar: 5 grams

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