

Italian Meatball and Tortellini Soup with Spinach

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1/2 pound ground beef
- 1 egg
- 1/8 cup milk
- 1/4 cup dry breadcrumbs
- 1 tablespoon pine nuts optional, or almond meal
- 1/4 teaspoon salt
- 1/2 tablespoon fresh parsley
- 1/2 teaspoon garlic powder
- pepper fresh ground, to taste
- 1/4 cup grated Parmesan cheese
- 1 tablespoon olive oil
- 1 onion chopped
- 1 carrot
- 1 sweet potato small
- 3 cloves garlic minced
- 7 cups beef broth
- 2 cups tomato sauce canned is OK
- 1/4 cup red wine optional
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- black pepper to taste
- 9 ounces refrigerated tortellini
- 2 handfuls baby spinach
- 1/2 cup heavy cream optional

Nutrition:

1. Calories: 770 calories

2. Carbohydrate: 69 grams
3. Cholesterol: 175 milligrams
4. Fat: 39 grams
5. Fiber: 9 grams
6. Protein: 34 grams
7. SaturatedFat: 18 grams
8. Sodium: 2810 milligrams
9. Sugar: 17 grams
10. TransFat: 0.5 grams

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