

# Freezer-to-Slow Cooker Italian Wedding Soup

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-foe-italian-chicken-srew-slow-cooker>

## Ingredients:

- 12 ounces meatballs bag of frozen mini, I use these because they are cheap and easy, but you can also substitute cooked homemade meatb...
- 1 onion small, diced, one cup
- 1/2 pound carrots about 4 large carrots, peeled and thinly sliced
- 1 head escarole thinly sliced
- 1 tablespoon worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon montreal steak seasoning
- 8 teaspoons chicken bullion granules
- 8 cups water \*not needed until day of cooking, If you want to use store-bought or homemade crockpot chicken broth, omit the bullion gr...
- 1/2 cup pasta uncooked, \*not needed until day of cooking, I use acini de pepe, ditallini, or small shells

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 95 milligrams
7. Sugar: 3 grams

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