

Quick Italian Wedding Meatball Soup with Greens

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 quarts beef stock
- 2 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 4 carrots sliced
- 1/2 leek sliced
- 2 cloves garlic crushed, or 1/2 tsp. garlic powder
- 2 cups shredded zucchini
- 2 cups kale packed chopped, or spinach
- meatballs
- 1 pound ground beef
- 2 teaspoons italian seasoning
- 1/2 teaspoon dried basil
- 1 teaspoon salt
- 2 cloves garlic minced
- 1/2 cup breadcrumbs
- 1 egg

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 130 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 7 grams
8. Sodium: 3260 milligrams
9. Sugar: 11 grams

10. TransFat: 1 grams

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