

Ditalini Italian Soup for #SundaySupper

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1/2 cup onions chopped
- 2 cloves garlic minced
- 1 can diced tomatoes with juice I use the ones seasoned with basil and oregano
- 2 tablespoons tomato paste
- 2 cans reduced sodium chicken broth
- 1 tablespoon italian seasoning
- 1 dash Texas Pete Hot Sauce
- 1 pinch red pepper flakes
- meatballs I am a really big fan of the frozen Armour Italian-style meatballs, for a quick meal
- 1/4 cup grated Parmesan cheese freshly
- 1 1/2 cups ditalini pasta
- 1 pinch salt
- 1 pinch dried oregano
- 1 pinch dried basil

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 700 milligrams
9. Sugar: 3 grams

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