

Italian Wedding Soup

Yield: 10 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-misua-soup-recipe>

Ingredients:

- 2 1/2 quarts low sodium chicken broth
- 2 cups water
- 4 carrots cut into 1/2-inch dice
- 1/2 tablespoon minced garlic
- 1 bunch kale stems removed, leaves cut into thin strips
- 1 pound ground pork
- 1 yellow onion small, minced
- 1/2 cup parmigiano reggiano cheese grated, plus more for serving
- 2 eggs lightly beaten
- 1/2 cup fresh bread crumbs
- 1/2 teaspoon salt plus more, to taste
- 1/2 teaspoon pepper plus more, to taste
- 2 tablespoons vegetable oil
- 15 ounces white beans drained

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 5 grams
8. Sodium: 390 milligrams
9. Sugar: 2 grams

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