

Greens, Orzo and Meatball Soup

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-escarole-recipe>

Ingredients:

- 1 large egg
- 2 tablespoons water
- 1/4 cup dried breadcrumbs plain
- 12 ounces ground turkey
- 1/4 cup grated Parmesan cheese
- 2 tablespoons fresh flat leaf parsley chopped
- 2 garlic cloves minced
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 8 cups low salt chicken broth or more
- 1 cup carrots chopped peeled
- 3/4 cup orzo rice-shaped pasta
- 4 cups escarole coarsely chopped, about 1/2 medium head, swiss chard, kale or baby spinach, about 3 ounces of leaves

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 125 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 34 grams
7. SaturatedFat: 3 grams
8. Sodium: 860 milligrams
9. Sugar: 3 grams

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