

Italian Meatball Soup

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/warm-tomato-and-bread-soup-italian-recipe>

Ingredients:

- 2 carrots medium, peeled
- 2 stalks celery
- 1 onion small
- 1 tablespoon olive oil
- 2 tablespoons tomato paste
- 4 garlic cloves minced
- 1 tablespoon oregano
- 28 ounces crushed tomatoes in puree
- 2 cups beef broth
- 1 1/2 cups water
- 16 cooked meatballs fully, you can buy the frozen kind or make them yourself
- salt
- freshly ground pepper
- 6 ounces Italian bread cut into in 1 inch cubes
- 1 tablespoon olive oil
- chopped parsley Fresh

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 46 grams
3. Fat: 9 grams
4. Fiber: 8 grams
5. Protein: 11 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1200 milligrams
8. Sugar: 4 grams

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