

ITALIAN MEATBALL SOUP

yield: **8 SERVINGS**

prep time: **20 MINUTES**

cook time: **50 MINUTES**

total time: **1 HOUR 10 MINUTES**

Flavorful meatballs in a delicious tomato broth featuring zucchini noodles.

INGREDIENTS

For the Meatballs:

- 2 pounds ground beef
- 1/2 cup chopped onion
- 1/3 cup chopped parsley
- 2 teaspoons minced garlic
- 2 teaspoons Italian seasoning
- 2 teaspoons garlic salt
- 1 teaspoon ground pepper

For the Soup:

- 2 tablespoons olive oil
- 1/2 cup chopped celery
- 1/2 cup chopped mushrooms
- 1/2 cup chopped onion
- salt & pepper to taste
- 3 medium zucchinis, spiralized
- 28 oz. can diced tomatoes
- 1 pinch red pepper flakes
- 32 oz. beef broth

DIRECTIONS

- 1 Preheat the oven to 350 degrees. Combine all ingredients for meatballs in a large mixing bowl.
- 2 Roll beef mixture into medium-sized balls and place onto a baking sheet. Bake them for 30 minutes or until cooked through.
- 3 In a large soup pot, heat olive oil on medium heat and saute onion, mushrooms, celery, garlic, salt, and pepper for several minutes until translucent.

- 4 Stir in red pepper flakes, diced tomatoes, and broth. Let simmer for 15-20 minutes until veggies are tender. Add zucchini and meatballs and cook for another ten minutes until zucchini is tender. Serve warm.

NUTRITIONAL INFORMATION

Yield: 8 bowls, Serving Size: 1.5 cups

Amount Per Serving: Calories: 290, Total Carbohydrates: 10g, Fiber: 3g, Net Carbohydrates: 7g, Total Fat: 16g, Protein: 26g

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