

Recipe: Cleaned Up Italian Wedding Soup

I love the fall season especially because of the foods! I love apples, squash and soups. I wanted to make something a little different but that would fit into the 10 week fall challenge program. Below is my version of Italian Wedding Soup. The original recipe called for a mix of beef and pork for the meatballs. I have used 97% lean ground turkey instead. The recipe also called for breadcrumbs to help hold the meatballs together but I found I do not need any breadcrumbs if I stick my meatballs into the freezer for 10-15 min after formed but before cooking. I also substituted spinach for escarole or endive. Feel free to use any type of greens. If you are not consuming any dairy, feel free to use almond cheese as well. Lastly, since I used no salt chicken broth (since I prefer to add my own amount of salt) you might find you need to add red pepper flakes or a few drops of hot sauce to give the soup a little more oomph. This soup is high in protein and low in carbs! Enjoy!

Meatballs

- 1 lb. lean ground turkey
- 1 egg
- 1 small onion, chopped
- 3 cloves of garlic
- ½ c freshly grated parmesan cheese
- 1/3 cup fresh chopped parsley
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ½ tsp. red pepper flakes
- ½ tsp. sea salt
- Black pepper (as little or as much as you want, I just eyeball this)

Soup

- 12 cups salt free chicken broth
- 2 large handfuls of spinach (again, feel free to use as little or as much as you want)
- 2 large eggs
- 2 tbsp. parmesan cheese
- Salt and pepper

To make the meatballs: Stir all of the meatball ingredients in a large bowl and blend. Do not over mix. Shape the meat mixture into 1-inch-diameter meatballs. Place on a baking sheet or plate and place in the freezer for 10-15 min.

To make the soup: Bring the broth to a boil in a large pot over medium-high heat. Add the meatballs and greens and simmer until the meatballs are cooked through and the greens are tender, about 8 minutes. Whisk the eggs and cheese in a medium bowl to blend. Stir the soup in a circular motion. Gradually drizzle the egg mixture into the moving broth, stirring gently with a fork to form thin strands of egg, about 1 minute. Season the soup to taste with salt and pepper. (I also added more red chili flakes to give it more of a kick)

Ladle the soup into bowls and serve. Finish soup with cheese if desired.