

Meatball Soup

January 2025 Recipe

Makes: 4 servings



Ingredients

- 6 cups water
- ⅓ cup brown rice (uncooked)
- 3 bouillon cubes (low-sodium chicken or beef flavored)
- 1 Tbsp. oregano
- 8 oz. 90% lean ground beef (or turkey or chicken)
- 1 tomato (finely chopped)
- ½ onion (peeled and finely chopped)
- 1 large egg
- ½ tsp. salt
- 2 cups vegetable mix (carrots, celery and spinach, chopped)

Nutritional information for 1 serving

Calories	246
Total fat	7 g
Saturated fat	2 g
Cholesterol	82 mg
Sodium	420 mg
Carbohydrate	28 g
Dietary fiber	6 g
Total sugars	5 g
Added sugars included	0 g
Protein	17 g

Directions

1. In a large pot, combine the water, rice, bouillon cubes and oregano. Bring to a boil over high heat.
2. Stir to dissolve the bouillon. Reduce heat to low and simmer.
3. Meanwhile, in a large bowl, mix the ground meat, tomato, onion, egg and salt. Form into 12 meatballs.
4. Add meatballs to the broth mixture and simmer for 30 minutes.
5. Add the vegetables. Cook for 10 to 15 minutes or until the meatballs are cooked and rice and vegetables are tender.
6. Serve hot.