Meatball Soup

Makes: 4 servings

Ingredients

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

Nutritional information for 1 serving

Calories	247
Total fat	7 g
Saturated fat	2 g
Cholesterol	85 mg
Sodium	422 mg
Carbohydrate	30 g
Dietary fiber	6 g
Total sugars	5 g
Added sugars included	0 g
Protein	16 g

Directions

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat.
2. Stir to dissolve the bouillon. Reduce the heat to low and simmer.
3. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg and salt. Form into 12 meatballs.
4. Add the 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 through and the rice and vegetables are tender.
6. Serve hot.

Source: MyPlate

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