



Italian Wedding Soup

Servings: 7

Ingredients

- 2 teaspoons oil (canola, olive, corn, soy, etc.)
- 1 onion, diced
- ½ cup diced bell pepper (any color)
- 1 clove garlic, minced
- 3 cups of pre-cooked chicken meatballs
- 32 ounces broth(chicken, vegetable or beef)
- 1 (15-ounce) can crushed tomatoes
- 1 ½ teaspoons dried basil, thyme, rosemary (or any dried herb)
- 1 (15-ounce) can cannellini beans (or any canned bean), rinsed and drained
- 3 cups kale, escarole or fresh spinach, chopped
- ½ cup any small dry pasta (orzo, ditalini, macaroni, or broken spaghetti or angel hair)
- 3 Tablespoons freshly grated Parmesan cheese (optional)

Instructions

1. Heat the oil in a large soup pot over medium-high heat. Add the onion and bell peppers, and sauté for 3 minutes or until onions turn clear. Add the garlic and sauté for 30 seconds.
2. Add the remaining ingredients except for the Parmesan cheese.
3. Bring the soup to a boil; then reduce the heat and simmer for 15 minutes.
4. Remove the soup from the heat and stir in the Parmesan cheese.