



Italian Meatball Soup

Serves 6, Total time: 25 minutes

Ingredients

1 medium sweet onion, diced
2 carrots, diced
4 cups low sodium beef broth
40 oz can white beans, drained and rinsed
28 oz can diced tomatoes
3 cloves of garlic, minced
16 oz frozen fully cooked meatballs
3 tsp Italian seasoning
Salt and pepper to taste, a pinch or two of each
Olive oil
Garnishes: shredded parmesan cheese and fresh chopped parsley

Directions

1. In a large pot, heat oil over medium high heat. Add onion and carrots and cook for 5 minutes or until onions are soft.
2. Add broth, beans, tomatoes, meatballs, garlic, Italian seasoning, and salt and pepper. Stir to combine.
3. Bring to a boil then reduce heat and simmer for 30 minutes and enjoy!

