

Italian Wedding Soup

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: 1 cups

Ingredients

- 1 tablespoons olive oil
- 1 medium onion, diced (about 1 cup)
- 1 tablespoon Italian seasoning
- 1 clove garlic, minced (about 1/2 teaspoon)
- 1/4 teaspoon ground black pepper
- Pinch crushed red pepper, optional
- 1 (15 oz) can cannellini beans, drained
- 4 cups (32oz) unsalted chicken broth
- 1/2 cup uncooked whole-wheat orzo
- 1 links mild Italian turkey or chicken sausage (about 6.5 oz)
- 5 cups fresh spinach, chopped
- 1 teaspoon lemon juice

Directions

1. In a large saucepan, over medium-high heat, add oil and onion and cook until opaque, about 7-10 minutes.
2. Stir in Italian seasoning, garlic, black pepper and red pepper flakes. Cook until fragrant, about 30-50 seconds.
3. Add broth and orzo and bring to boil, reduce to a simmer.
4. Slice open sausage casing and pinch off small amount of meat (about the size of marble). Drop into simmering broth.
5. Stir in cannellini beans and continue simmering until orzo is tender and meatballs are cooked through (165°F), about 10 minutes.
6. Add chopped spinach and lemon juice and stir to combine.

Recipe Notes

- Try other whole wheat pasta such as elbow, shells or rotini or quick-cooking whole grain quinoa or millet in place of orzo.
- Swap out regular chicken broth with chicken bone broth for additional protein.

**Nutrition Facts Per Serving: Calories: 186 | Total Fat: 7g | Saturated Fat 1.4g
Sodium: 250mg | Total Carbohydrate: 19g | Dietary Fiber: 5g | Protein: 13**

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