

Italian Wedding Soup

Prep Time 20 mins
Total Time 1 hr
Meal Type Lunch,Dinner
Contributed By

LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 6



For the meatballs

Ingredients

lb,c g,ml

- 1 lb lean turkey breast or chicken, *ground*
- 1 tsp olive oil
- 1 cup mushrooms, *minced*
- 1 carrot, *shredded* (for 1/4 cup)
- 1/4 cup parsley, fresh, *minced*
- 1 cup spinach, baby, *minced and microwaved for 30 seconds*
- 1 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper, *ground*
- 2 large eggs

Directions

Prep

1. Mince parsley and mushrooms.
2. Microwave spinach for 30 seconds, then mince.
3. Shred carrot.

For the soup

Ingredients

lb,c g,ml

- 1 cup quinoa
- 2 carrots, *small diced* (for 1 cup)
- 3 stalks celery, *small diced* (for 1 cup)
- 1 onion, *small diced* (for 1 cup)
- 1 tsp olive oil
- 1 qt chicken stock no salt added
- 2 cup water
- 1 stalk celery leaves (for 1 tsp)
- salt, *to taste*
- 2 cup baby spinach

Directions

Prep

1. Cook quinoa.
2. Dice carrots, celery and onion.

Make

1. Preheat oven to 350°F and line a large baking sheet with parchment paper.
2. In a large bowl, combine ground turkey with minced parsley, mushrooms, spinach, shredded carrot, garlic powder, oregano, salt, pepper, eggs and 1 teaspoon of olive oil. Mix until vegetables and seasonings are well combined.
3. Shape into 1 tablespoon-sized meatballs and arrange on baking sheet. Bake for 15 minutes or until meatballs are cooked, but still juicy.
4. In a large stockpot over medium heat, combine 1 teaspoon of olive oil, diced carrots, onion, celery. Sweat the vegetables until slightly soft and

- onions are translucent.
5. Add the chicken stock, water, bay leaf and celery leaves. Bring mixture to a boil and simmer for 15-20 minutes.
 6. Add cooked quinoa, baked turkey meatballs and salt to taste.
 7. When ready to serve, add the baby spinach. Serve in warm bowls and enjoy.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories per serving	318	Total Fat 8.1g	12%	Total Carbohydrates 31g	10%	
		Saturated Fat 1.7g	8%	Dietary Fiber 4g	16%	
		Trans Fat 0.0g		Total Sugars 6g		
		Cholesterol 110mg	36%	Protein 30g		
		Sodium 603mg	26%			
Vitamin D 0mcg 4% · Calcium 93mg 9% · Iron 4mg 20% · Potassium 905mg 19%						

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