

Meatball Soup

Makes: 4 servings

Mixed vegetables, meatballs, and brown rice make a delicious and hearty soup that will warm you up on a cold winter night.

Ingredients

6 cups water

1/3 cup brown rice

3 bouillon cubes (low-sodium chicken or beef flavored, or 1 tablespoon low-sodium bouillon powder)

1 tablespoon oregano (fresh, finely chopped)

8 ounces ground beef (lean, turkey or chicken)

1 tomato (finely chopped)

1/2 onion (peeled and finely chopped)

1 egg (large)

1/2 teaspoon salt

2 cups vegetable mix (chopped, fresh, carrots, celery, and broccoli)

Directions

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.

Nutrition Information

Nutrients	Amount
Calories	240
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	85 mg
Sodium	430 mg
Total Carbohydrate	22 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 30 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

Source: California Champions for Change, Lunch RecipesCalifornia Department of Public Health, Network for a Healthy California