



Italian Wedding Soup with Cauliflower Rice



1/10th of recipe (about 1 1/3 cups): 108 calories, 2.5g total fat (1g sat fat), 677mg sodium, 8g carbs, 2g fiber, 3.5g sugars, 12.5g protein

Freestyle™ [SmartPoints®](#) value 1*

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Prep: 25 minutes **Cook:** 45 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

Soup

10 cups reduced-sodium chicken broth
2 cups roughly chopped cauliflower (or *HG Alternative*)
2 cups chopped carrots
1 cup chopped celery
1 cup chopped onion
6 cups chopped spinach leaves

Meatballs

1 lb. raw extra-lean ground beef (4% fat or less)
1/2 cup finely chopped onion
1/3 cup egg whites (about 3 large eggs' worth)
1 tsp. dried parsley
1 tsp. chopped garlic
1/4 tsp. each salt and black pepper

Directions

Add 4 cups broth to an extra-large nonstick pot. Bring to a boil.

Meanwhile, in a large bowl, combine all meatball ingredients. Evenly form into 30 meatballs, each about 1 inch in diameter.

Carefully add meatballs to the pot, and return to a boil.

Reduce to a simmer. Cook for 5 minutes, or until meatballs are cooked through.

Meanwhile, pulse cauliflower in a blender until reduced to rice-sized pieces.

Carefully add remaining 6 cups broth to the pot. Add carrots, celery, and onion. Return to a boil.

Reduce heat to low. Add cauliflower rice. Stirring occasionally, cook until cauliflower rice is tender and all other veggies have softened, about 8 minutes.

Add spinach, and stir until wilted.

MAKES 10 SERVINGS

HG Alternative: Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 3/4 cups of premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

HG Tip: Freeze leftovers in single servings! Divide soup into microwave-safe containers. Once cool, cover and freeze. Reheat in the microwave or in a small nonstick pot.

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.

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