



Z'paghetti & Meatball Soup



1/8th of recipe (about 1 1/3 cups): 157 calories, 2.5g total fat (1g sat. fat), 749mg sodium, 16g carbs, 3.5g fiber, 6.5g sugars, 16.5g protein

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Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

Soup

4 cups chicken broth
One 28-oz. can crushed tomatoes
1 tbsp. chopped garlic
1 tsp. Italian seasoning
1 tsp. onion powder
1 cup chopped onion
10 oz. (about 2 small) zucchini

Meatballs

1 lb. raw extra-lean ground beef (at least 96% lean)
1/2 cup finely chopped onion
1/2 cup whole-wheat panko breadcrumbs
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1 1/2 tsp. chopped garlic
1 tsp. dried parsley
1/2 tsp. onion powder
1/4 tsp. each salt and black pepper

Directions

In an extra-large nonstick pot, combine broth, tomatoes, garlic, soup seasonings, and 1 1/2 cups water. Bring to a boil.

Meanwhile, in a large bowl, combine all meatball ingredients. Mix thoroughly. Evenly form into 32 meatballs, each about 1 inch in diameter.

Carefully add onion and meatballs to the pot. Return to a boil.

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

Meanwhile, using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Add zucchini noodles. Cook until tender, about 6 minutes.

MAKES 8 SERVINGS

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