



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

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

More: [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.

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