



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

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

[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.