



Italian Wedding Soup

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced (about ½ teaspoon)
- ¼ teaspoon ground black pepper
- Pinch crushed red pepper flakes
- 4 cups (32 ounces) unsalted chicken broth
- ½ cup uncooked whole-wheat orzo pasta
- 2 links mild Italian turkey or chicken sausage (about 6.5 ounces)
- 5 ounces fresh spinach, chopped (about 5 cups)
- 1 teaspoon lemon juice

Directions

1. Warm a large saucepan or pot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook until softened and starting to brown, about 7-10 minutes.
4. Add the Italian seasoning, garlic, black pepper, and red pepper flakes. Cook until fragrant, about 30-60 seconds.
5. Add the broth and the orzo.
6. Bring to a boil over high heat, then turn the heat down to maintain a simmer.
7. Slice open the sausage casing and pinch off a small amount of the meat (about the size of a marble). Drop the pieces of meat directly into the simmering broth.
8. Continue simmering until the orzo is tender and the meatballs are cooked through, about 10 minutes.
9. Add the chopped spinach and lemon juice. Stir to combine.
10. Serve warm.

Recipe Notes

- Feel free to substitute another type of short whole-wheat pasta (e.g. elbows, shells, rotini) or a quick-cooking whole grain (e.g. quinoa, millet) in place of the orzo.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 23 g | Dietary Fiber: 1 g | Protein: 7 g**

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