

# Italian Wedding Soup

Substitute spinach, chicory, chard or any other leafy green for the escarole or kale, and any leftover cooked (or canned) beans for the white beans in this healthy Italian wedding soup recipe.

**8 servings, about 1 3/4 cups each with 4 meatballs | Active Time:** 1 hour | **Total Time:** 1 1/2 hours

## Ingredients

### Meatballs

- 1 pound ground turkey breast
- 1 cup fresh whole-wheat breadcrumbs
- 1 large egg, lightly beaten
- 1/4 cup finely chopped fresh parsley
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon crushed fennel seeds
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 2 teaspoons extra-virgin olive oil
- 1/2 cup dry white wine



### Soup

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion (1 medium)
- 1 cup chopped carrots (2 medium)
- 1 cup chopped celery (2 medium stalks)
- 4 cups chopped cabbage (about 1/2 small head)
- 8 cups low-sodium chicken broth
- 1 15-ounce can white beans, rinsed
- 8 cups coarsely chopped escarole or thinly sliced kale leaves (about 1 bunch)
- 1/2 cup freshly grated Romano cheese

## Preparation

1. To prepare meatballs: Combine turkey, breadcrumbs, egg, parsley, garlic, Worcestershire, fennel seeds, pepper and salt in a large bowl. Refrigerate for 10 minutes to firm up. With damp hands, shape the mixture into 32 (1-inch) meatballs (about 1 scant tablespoon each).
2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the meatballs and cook, turning occasionally, until browned on all sides, 7 to 9 minutes. Remove from the heat and add wine, stirring gently to loosen any browned bits.
3. To prepare soup: Heat 1 tablespoon oil in a soup pot or Dutch oven over medium heat. Add onion, carrots and celery and cook, stirring, until the onion is translucent, 7 to 9 minutes. Add cabbage and cook, stirring, 5 minutes more. Stir in broth, beans, escarole (or kale) and the meatballs and any juice. Bring just to a boil, reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, 20 to 25 minutes. Top each portion with 1 tablespoon grated cheese.

**Nutrition Per serving :** 253 Calories; 10 g Fat; 3 g Sat; 3 g Mono; 65 mg Cholesterol; 19 g Carbohydrates; 21 g Protein; 6 g Fiber; 532 mg Sodium; 823 mg Potassium

## Tips & Notes

- **Make Ahead Tip:** Refrigerate for up to 3 days or freeze for up to 6 months; top with cheese just before serving.