

Italian Wedding Soup

This comforting classic brings together tender turkey meatballs, vibrant greens, and aromatic herbs in a nourishing broth that feeds both mind and body.

Ingredients

- 2 tablespoons avocado oil
- 1 medium yellow onion, diced
- 4 stalks celery, diced
- 3 carrots, peeled and cut into ½-inch dice
- 3 cloves garlic, minced
- ½ teaspoon fennel seed
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ¼ teaspoon ground sage
- 1 quart low sodium chicken broth
- 1-2 cups water
- 16-20 cooked [Turkey Zucchini Meatballs \(see recipe\)](#)
- 1 (15-ounce) can cannellini beans or chickpeas, drained and rinsed
- 1 cup chopped greens
- ¼ cup fresh parsley
- ¼ cup parmesan cheese



Instructions

1. Heat the oil in a soup pot over medium heat. Add the onion and sauté for 3-4 minutes until it begins to soften and become translucent. Add the celery, carrots, garlic, and dried herbs and sauté for another 3 minutes. If bits begin to stick to the bottom of the pan, deglaze with ½ cup of water or broth and stir to loosen. Add the rest of the broth, increase heat to high, and bring soup to a boil. Decrease heat to low and simmer for approximately 10 minutes.
2. Increase heat back up to medium and add the cooked meatballs and drained beans to the broth, allowing them to heat thoroughly for 3-4 minutes.
3. Stir in chopped greens and garnish with parsley and parmesan. Serve immediately.

Lisa Markley, MS, RDN, LD

lisa.markley@adventhealth.com

For more health-supportive recipes that don't sacrifice on flavor visit www.wholehealthinstitutekc.com.