



PREPARATION: **15** MINUTES

COOKING: **40** MINUTES

**4** SERVINGS

# MEATBALL SOUP

## INGREDIENTS

1 tablespoon olive oil

½ cup onion, diced

½ cup carrots, diced

½ cup celery, diced

½ cup turnips, diced

½ cup white wine

4 cups no salt added chicken stock (see recipe on page 17)

16 frozen meatballs (see recipe on page 17)

2 bay leaves

¼ cup orzo, uncooked (or other small pasta for soup)

## Nutrient Analysis

### PER SERVING:

¼ of recipe

### RENAL EXCHANGE:

2 Protein + 2 Vegetable + 1 Starch

Calories **364Kcal**

Protein **18g**

Carbohydrates **23g**

Fibre **2g**

Total Fat **19g**

Saturated Fat **6g**

Cholesterol **80mg**

Sodium **236mg**

Potassium **506mg**

Phosphorus **269mg**

## PREPARATION

- 1** In a large pot, heat oil over medium heat. Add the vegetables and cook for 10 minutes or until the onion become translucent.
- 2** Add the white wine and let it reduce by half. Add the chicken broth and bring to a boil.
- 3** Add the meatballs and the bay leaves. Bring to a boil again, then reduce heat and let simmer for about 20 minutes.
- 4** Add the orzo and cook for 10 more minutes. Add pepper to taste.

**NOTE:** *If you are using frozen vegetables as described in our FoodPrep article, use them frozen and cook a few minutes longer.*