

Chicken Meatball Soup Recipe

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This Chicken Meatball Soup recipe is a hearty soup filled with nutritious and delicious ingredients. Each slurp is filled with bold Italian flavors, everyone likes.

Tasty and healthy ground chicken meatballs, good for you vegetables, and pasta in a light tomato broth makes this soup is a family favorite. Sometimes it's hard to find a meal everyone likes, this is one of those soup recipes that everyone likes. And you will feel good about serving your family a good for you meal.

Here's 3 Prep Plan Tips When Making This Chicken Meatball Soup Recipe

Don't let the looks of this Chicken Meatball Soup recipe intimidate you. If you have a prep plan this soup recipe can be on your table in 30 minutes.

Start by making the meatballs, you can make them one day ahead of time, or weeks ahead of time and keep them frozen after baking, in freezer friendly containers.

Second I bake the meatballs in my Toaster oven/air fryer for a quicker and more affordable bake, than turning on my large wall ovens.

And third you can make the whole recipe ahead of time and freeze it for ready made meals. In fact purposely double the recipe for during the week lunch reheats.

Just one more thing, please leave me a comment if you make

this recipe and please don't forget to tag me on Instagram. I love hearing from you!!!!

Ingredients For The Meatballs

- 1 lbs. ground chicken breast
- 1 cup Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 Tablespoons each chopped garlic and Italian parsley
- 1 egg
- 2 tablespoons milk
- salt and pepper to taste
- **For the Soup**
- 1 chopped yellow onion
- 2 Tbs. chopped garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 2 cups chopped spinach
- 1 14.5 can crushed tomatoes
- 2 cups chicken broth
- 2 cups water
- 2 cups dry small tube pasta
- Salt and pepper to taste
- 1 cup grated parmesan cheese

Instructions

1. Turn oven to 375 degrees
2. Mix all ingredients except the ground chicken well
3. Add the ground chicken mixing until well blended don't over mix
4. With damp hands roll into small size balls
5. Bake in a preheated oven 10 minutes set aside
6. Meanwhile in a medium stock pot saute the onion and garlic until tender and just beginning to brown

7. Add the carrots and celery saute until tender
8. Add the tomatoes, chicken broth and water
9. Simmer covered 30 minutes
10. Return the meatballs to the soup add the pasta and spinach simmer 5 minutes longer
11. Adjust seasonings sprinkle with parmesan
12. ENJOY!!!!