



## ITALIAN TURKEY MEATBALL SOUP



### INGREDIENTS

#### ITEM

#### QUANTITY

- |                                        |         |
|----------------------------------------|---------|
| • Lean Ground Turkey                   | 5 Oz.   |
| • Gluten-free Breadcrumbs              | 1 Tbsp. |
| • Grated Parmesan Cheese               | 1 Tbsp. |
| • Chopped Fresh Parsley                | 1 Tbsp. |
| • Sliced Green Onion Tops              | 1 Tbsp. |
| • Dried Oregano                        | ½ Tsp.  |
| • Salt and Freshly Ground Black Pepper |         |
| • Dijon Mustard                        | 2 Cups  |
| • Low-fodmap Chicken Broth             |         |
| • Zucchini, diced                      | ½ Cup   |
| • Carrots, sliced                      | ¼ Cup   |
| • Baby Spinach                         | 1 Cup   |
| • Garlic-infused Olive Oil             | 1 Tsp.  |
| • Chopped Fresh Basil                  | 1 Tbsp. |
| • Chopped Fresh Parsley                | 1 Tbsp. |

#### SERVING SIZE

1



### PREPARATION

- In a bowl, combine the turkey, breadcrumbs, Parmesan, parsley, green onion tops, oregano, salt, and pepper. Mix gently until just combined.
- Roll into 8-10 small meatballs.
- Heat garlic-infused olive oil in a soup pot over medium heat. Add the zucchini and carrots and cook for 3-4 minutes.
- Pour in the chicken broth and bring to a gentle boil.
- Carefully add the meatballs, reduce the heat, and simmer for 10-12 minutes, or until cooked through.
- Stir in the spinach and cook for 1-2 minutes until wilted.
- Finish with the fresh basil and parsley before serving.