

# Hearty Meatball Soup with Spinach

25 - 30 meatballs

1 tablespoon olive (or canola) oil

8 oz trinity mix (fresh diced onions, celery, bell peppers)

1 teaspoon chopped garlic

1 tsp Italian seasonings

3 cups fresh spinach leaves

1 can (14.5 oz) diced tomatoes with basil, garlic, oregano

2 cans cannellini beans (15–19 oz), drained

1 (32-oz) box chicken broth (or stock)

1/2 cup grated Parmesan cheese

Preheat large stockpot on medium-high 2–3 minutes. Place oil in pan, then add meatballs (in batches); cook and turn 6–8 minutes or until browned. Remove meatballs from pan and set aside.

Add trinity mix and garlic to pan; cook and stir 2–3 minutes or until onions soften. Add spinach; cook 2–3 minutes or until spinach begins to wilt. Drain beans.

Reduce heat to medium-low; stir in tomatoes, beans, stock, meatballs, and 1/4 teaspoon each salt and pepper; simmer 5–7 minutes and until meatballs are 160°F and soup is hot. Top with cheese and serve with Italian bread.