

Tomato Basil Meatball Soup

- 1 lb. 93% lean ground beef
- 1 large chopped onion divided
- 1 egg
- 2 tablespoons Dijon mustard
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon Himalayan sea salt
- 1 tablespoon olive oil
- 1 bell pepper diced
- 1 pint cherry tomatoes halved
- 48 oz. chicken broth
- 12 oz. pasta sauce, NO sugar added
- 1/2 cup fresh basil chopped



1. In a medium bowl, using your hands, combine the ground beef, half of the onion, egg, Dijon, paprika and salt. Once the mixture is evenly distributed, form small 1 inch meatballs. (At this point, you can store the raw meatballs in the refrigerator for up to 2 days to make the soup at a later time.)
2. Once all of meatballs are formed, heat the olive oil over medium-high heat in your Dutch Oven. Place the meatballs in the kettle so all of them are touching the bottom. Allow to cook for 1 minute and turn. Cook and additional minute and add the remaining onion, red peppers and cherry tomatoes. Give everything a gentle stir and cook for 2 more minutes until the vegetables are slightly translucent.
3. Add the chicken broth and pasta sauce and simmer for 20 minutes. Add the chopped basil and cook for 2-3 more minutes. Serve immediately.

Soup recipes are difficult to accurately measure exact portions. What we've found is that when you spoon out 2 cups of soup (or chilli) it will render approximately one serving.

Makes approximately 4 servings.

Serving size: 3 ounces of beef and 1 cup of cooked veggies and broth.

Enjoy with one cup of on plan fruit to complete the meal.

