Meatball and Vegetable Soup

Serves: 4

Ingredients

6 cups water
⅓ cup rice
3 low-sodium beef or chicken flavored bouillon cubes or 1 tbsp. low-sodium bouillon powder
4 stems fresh oregano, finely chopped or 1 tbsp. dried oregano
8 oz. lean ground beef, turkey, or chicken
1 tomato, finely chopped
1 large egg
½ onion peeled and finely chopped
½ tsp. salt
2 cups fresh vegetables (carrots, celery, broccoli)

In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.

Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs. Add meat balls to broth mixture and simmer for 20 minutes.

Add vegetables. Cook 10-15 minutes or until meatballs are cooked and rice and vegetables are tender.

Per serving: 176 calories, 4 g total fat (1 g saturated fat), 82 mg cholesterol, 349 mg sodium, 16 g protein, 42 g carbohydrate, 2 g dietary fiber