

# Meatball-Tortellini Soup

Gretchen McKay - Pittsburgh Post-Gazette  
Palm Beach Post

## Servings: 4

8 ounces ground turkey  
1/4 cup grated Parmesan cheese  
1/4 cup chopped fresh parsley,  
divided  
1 large egg, lightly beaten  
1 clove garlic, grated  
Kosher salt  
freshly ground pepper  
2 tablespoons extra-virgin olive oil  
2 carrots, diced  
2 stalks celery, diced  
1 quart chicken broth  
3 cups water  
1 package (9 ounce) cheese tortellini  
4 cups (3 ounces) loosely packed baby  
spinach  
grated Parmesan cheese (for serving)

In a medium bowl, combine the ground turkey, Parmesan cheese, two tablespoons of the parsley, egg, garlic, 1/2 teaspoon of salt and pepper to taste. Mix with your hands until just combined. Form into one-inch meatballs and set aside.

Heat the olive oil in a pot or Dutch oven over medium-high heat. Add the meatballs and cook, turning, until golden, 3 to 4 minutes. Remove to a plate.

Add the carrots and celery to the pot. Cook, stirring, until just softened, about 5 minutes. Add the broth and water; bring to a boil. Return the meatballs to the pot along with the remaining parsley and 1/2 teaspoon of salt. Simmer until the meatballs are just cooked through, about 2 minutes.

Add the tortellini and cook until they float to the top, about 4 minutes. Add the spinach and cook, stirring, until wilted, 1 minute. Season with salt and pepper. Top with more Parmesan.

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Per Serving (excluding unknown items): 305 Calories; 17g Fat (50.6% calories from fat); 22g Protein; 15g Carbohydrate; 2g Dietary Fiber; 117mg Cholesterol; 1050mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	305	Vitamin B6 (mg):	.3mg
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% Calories from Fat:	50.6%
% Calories from Carbohydrates:	19.7%
% Calories from Protein:	29.7%
Total Fat (g):	17g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	117mg
Carbohydrate (g):	15g
Dietary Fiber (g):	2g
Protein (g):	22g
Sodium (mg):	1050mg
Potassium (mg):	558mg
Calcium (mg):	145mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	10mg
Vitamin A (i.u.):	10447IU
Vitamin A (r.e.):	1063 1/2RE

Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	32mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	2 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	305	Calories from Fat: 154
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### % Daily Values\*

<b>Total Fat</b>	17g	26%
Saturated Fat	4g	22%
<b>Cholesterol</b>	117mg	39%
<b>Sodium</b>	1050mg	44%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	2g	8%
<b>Protein</b>	22g	
<b>Vitamin A</b>		209%
<b>Vitamin C</b>		17%
<b>Calcium</b>		15%
<b>Iron</b>		13%

\* Percent Daily Values are based on a 2000 calorie diet.