

Healthy Harvest® Pasta Sauce 3-Step Meatball Fusilli Soup

Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 4 to 6



With no chopping and only one pot for preparation, this speedy and delicious soup will conquer any dinnertime rush.

Ingredients

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| 1 jar (570 mL) | Healthy Harvest® Pasta Sauce, Vegetable Medley |
| 1 cup (250 mL) | CATELLI SMART® Fusilli |
| 1 carton (900 mL) | no salt added beef broth |
| 18 | frozen Italian-style, pre-cooked beef meatballs |
| 4 cups (1 L) | baby spinach leaves |
| | Grated Parmesan cheese (optional) |

Instructions

1. Bring pasta sauce and broth to a boil in a large pot set over high heat.
2. Add meatballs and pasta and reduce heat to medium-high; cook for 7 minutes or until meatballs are cooked through and pasta is tender.
3. Stir in spinach until wilted. Serve immediately with Parmesan cheese (if using).

Tips:

- Stir in 1 cup (250 mL) leftover or frozen veggies with the meatballs if desired.
- Replace the beef meatballs with turkey meatballs and use no salt added chicken broth instead.

Nutritional Information per serving (1/6th recipe or 1 1/3 cups/325 mL):

240 calories, 11 g fat, 4 g saturated fat, 710 mg sodium, 23 g carbohydrates, 5 g fibre, 7 g sugars, 11 g protein.



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