

# 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**

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1 cup (250 mL) **CATELLI SMART® Fusilli**

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1 carton (900 mL) no salt added beef broth

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18 frozen Italian-style, pre-cooked beef meatballs

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4 cups (1 L) baby spinach leaves

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Grated Parmesan cheese (optional)

## Instructions

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1. Bring pasta sauce and broth to a boil in a large pot set over high heat.

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  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.

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  3. Stir in spinach until wilted. Serve immediately with Parmesan cheese (if using).
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### 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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