

Crockpot Creamy Italian Wedding Soup



Minutes to Prepare: 10

Minutes to Cook: 480

Number of Servings: 8

Ingredients

Meatballs:

1 package Ground Chicken
1/4 cup Part Skim Shredded Mozzarella Cheese
1/4 cup Part Skim Ricotta Cheese
1/4 cup Parmesan & Romano Cheese
3 Garlic Cloves, diced
2 Roma Tomatoes, diced
1 tsp Worcestershire Sauce
1/4 tsp Onion Powder
1/4 tsp Garlic Powder
1/4 tsp Allspice
Pinch of Black Pepper
Handful of Parsley

Soup:

2 cups Endive
2 cups Reduced Sodium Chicken Stock
1 cup Fat Free Half & Half
1 cup Multi-Grain Small or Medium Pasta Shells
4 garlic cloves, minced
1 shallot, diced
1 yellow onion, diced
1 carrot grated or cut into strips
1 celery stalk, diced
2 tbsp part skim shredded mozzarella cheese
1 tsp Worcestershire sauce
1 bay leaf
1/4 tsp orange zest
1/8 tsp onion powder
1/8 tsp garlic powder
1/8 tsp sage
Pinch of paprika
Pinch of nutmeg
Pinch of sea salt
Pinch of black pepper
Handful of fresh basil

Directions

For Meatballs

- 1) Slice tomatoes in half and squeeze juices out over the sink before dicing them. This will prevent meatballs from being too watery
- 2) In a large bowl combine (with hands) meatball ingredients.
- 3) Roll teaspoon-sized balls and set aside. These can go in the crock pot the same day, but they come out even better when put in the fridge overnight because the spices get a chance to soak in and the meat and cheeses really bind.

For Soup

- 4) Add onion, shallot, carrots, celery, garlic cloves, chicken stock, Worcestershire sauce, 2 tsp parmesan & romano cheese, sage, orange zest, nutmeg, bay leaf, onion powder, sea salt, and black pepper to crock pot. Add meatballs last. Make sure meatballs are on top of veggies.
- 5) Place top on crock pot and cook on LOW for at least 8 hours (8 hours later)
- 6) Preheat water in a boiling pot.
- 7) Add shells with a pinch of salt and cook until desired tenderness. Drain and set aside.
- 8) Fish bay leaf out of crock pot.
- 9) Add half & half. This must be added late because milk will curdle if in the slow cooker too long.
- 10) Add cooked shells and endive. Stir until endive cooks down a bit.
- 11) Ladle into soup bowls. Sprinkle mozzarella cheese, parmesan & romano cheeses, and basil on top. Enjoy.

-- 5 Weight Watcher points --

Number of Servings: 8

Nutritional Info

- Servings Per Recipe: 8
- Amount Per Serving
- Calories: 264.3

- Total Fat: 8.9 g
- Cholesterol: 63.1 mg
- Sodium: 453.5 mg
- Total Carbs: 20.7 g
- Dietary Fiber: 1.9 g
- Protein: 22.9 g

Recipe submitted by SparkPeople user BLUESUNSHINEFL.