

Spinach and White Bean Meatball Soup

Serves 4

- 2 T olive oil, *divided*
- 3 cloves garlic, *minced*
- 1 onion, *diced*
- 3 carrots, *peeled and diced*
- ½ tsp dried thyme
- ½ tsp dried basil
- 960 ml chicken stock
- 2 bay leaves
- 112 g uncooked orzo pasta (or brown rice)
- 60 g spinach
- 1 400-g can cannellini beans, drained and rinsed
- Juice of 1 lemon
- 2 T chopped fresh parsley leaves
- Salt and freshly ground black pepper, *to taste*



Chicken Balls

- 450 g ground chicken
 - 20 g Panko
 - 23 g freshly grated Parmesan
 - ½ tsp dried oregano
 - ½ tsp dried basil
 - ½ tsp dried parsley
 - ¼ tsp garlic powder
 - ¼ tsp crushed red pepper flakes, *optional*
 - Kosher salt and freshly ground black pepper, *to taste*
1. In a large bowl, combine ground **chicken**, **Panko**, **Parmesan**, **oregano**, **basil**, **parsley**, **garlic powder** and **red pepper flakes**; season with **salt** and **pepper**, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 2.5-cm balls, forming about 25-30 meatballs.
 2. Heat **1 T olive oil** in a Dutch oven over **medium heat**.
 3. Add **chicken balls**, in batches, and cook until all sides are browned, **about 2-3 minutes**. Transfer to a paper towel-lined plate; set aside.
 4. Add remaining **1 T oil** to the stockpot.
 5. Add **garlic**, **onion** and **carrots**. Cook, stirring occasionally, until tender, **about 3-4 minutes**.
 6. Stir in **thyme** and **basil** until fragrant, **about 1 minute**.
 7. Whisk in **chicken stock**, **bay leaves** and **1 C water**; bring to a boil.
 8. Stir in **orzo** and **chicken balls**; reduce heat and **simmer** until orzo is tender and meatballs are cooked through, **about 10-12 minutes**.
 9. Stir in **spinach** and **cannellini beans** until the spinach has wilted, **about 2 minutes**.
 10. Stir in **lemon juice** and **parsley**; season with **salt** and **pepper**, to taste.

Serve immediately.