



**Nutrition Facts**

Serving Size		1 12th recipe
Amount Per Serving		
Calories 300		
		% Daily Value
Total Fat	19g	29%
Saturated Fat	10g	50%
Cholesterol	60mg	20%
Sodium	1600mg	67%
Total Carbohydrate	19g	6%
Dietary Fiber	2g	8%
Protein	14g	28%
Vitamin A %		Vitamin C %
Calcium %		Iron %



Total Time  
**NOT  
AVAILABLE**

Serving Size  
**1 12TH RECIPE**

Difficulty  
**EASY**

Yields  
**12**

### INSTRUCTIONS

1. Prepare soup as directed.
2. Sauté meatballs in oil for 8 to 10 minutes or until browned.
3. Stir meatballs and tomato sauce into soup; bring to simmer. Cook for 8 to 10 minutes or until meatballs are cooked through. Stir in half of the basil and parsley.



#### Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tbsp (15 mL) Parmesan cheese and 1 tsp (5 mL) each remaining basil and parsley.