



Nutrition Facts

Serving Size 1 1/2th 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.