



By *Jessika Morgan*

## Chicken Meatball Soup

(A carb conscious favorite)

### CHICKEN MEATBALLS

1 pound ground chicken breast  
2 egg whites  
1 tablespoon mustard  
1 tablespoon Worcestershire sauce  
1/2 cup grated Parmesan  
Salt and pepper  
3 tablespoons chopped fresh basil leaves  
3 tablespoons chopped fresh parsley leaves  
2 teaspoons chopped garlic  
1 small onion, chopped

Combine all the ingredients in a large bowl. Form meatballs the size of a thumbnail, about 1/2-inch in diameter. Set aside until ready to add to the soup.

### SOUP

3 cups cold water  
Box of chicken broth/ stock  
3 tablespoons olive oil  
6 cloves garlic, finely chopped  
1 bag carrots, about 10, finely chopped  
1 stalk celery, finely chopped  
3 medium onions, finely chopped  
1 cup white wine  
Salt and pepper  
2 medium heads escarole, cleaned and chopped  
2 boxes frozen spinach thawed and drained  
1 (15-ounce) can chopped tomatoes  
Parmesan for garnish.

Sauté chopped garlic, carrots, celery, and onions in 3 tablespoons olive oil until soft, about 5 minutes. Add the white wine, salt, and pepper, to taste. Let simmer an additional 15 to 20 minutes.

Combine the broth and water and bring to a boil.

Add the meatballs, escarole, spinach, and can of tomatoes to the soup. Simmer until meatballs rise to the top, about 6 to 7 minutes. Enjoy!

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