



Italian Meatball Soup

Serves: 4

Ingredients:

1 pound frozen meatballs
1 tablespoon olive oil
1/2 medium onion chopped
4 cloves garlic minced
1 (28 fluid ounce) can crushed tomatoes
4 cups vegetable broth
1/2 red bell pepper chopped small
1/4 teaspoon Italian seasoning
1/2 teaspoon crushed red pepper flakes optional
1.5 cups fusilli pasta
1/4 cup fresh basil torn/chopped
Salt & pepper to taste
Ricotta or Parmesan cheese (for serving) optional

Cook the frozen meatballs in the microwave according to package directions.

Add the olive oil and onions to a soup pot over medium-high heat and sauté for 4-5 minutes. Stir in the garlic and cook for 30 seconds. Stir in the crushed tomatoes, vegetable broth, red bell pepper, Italian seasoning, crushed red pepper flakes, and meatballs. Increase the heat to high and bring it to a boil. Add the pasta once it's boiling.

Reduce the heat and simmer, covered, with the lid slightly open, for about 15 minutes or until the pasta is cooked. Stir it a few times to ensure the pasta isn't sticking to the bottom of the pot. *Note: Some brands of crushed tomatoes are thicker than others. Add more vegetable broth if the soup has become too thick (this soup is meant to be quite brothy).*

Stir in the basil and season with salt & pepper as needed. Serve with a dollop of ricotta or parmesan grated over top if desired.