



Meatball Soup with Alphabet Pasta



SERVINGS

6



COOKING TIME

15 min

Whip up this veggie filled recipe made with fun pasta and delicious homemade meatballs.

Ingredients

Meatballs

- 1 lb extra lean ground turkey breast or 90% lean ground beef
- 3/4 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/3 cup barbecue sauce or ketchup

Soup

- 1 carton (48 oz) reduced-sodium, fat-free chicken broth (about 6 cups)
- 1/4 cup alphabet-shaped pasta
- 1 package (10 oz) frozen mixed vegetables (do not thaw)

Cooking Instructions

1. Heat broiler.
2. Lightly spray rack of broiler pan with cooking spray.
3. In large bowl, combine meatball ingredients; mix lightly but thoroughly.
4. Transfer to a sheet of foil.
5. Pat mixture into 9 x 6-inch rectangle.
6. Cut into 1-1/2-inch squares; roll each square into a ball to make 24 meatballs.
7. Arrange meatballs on broiler pan.
8. Broil meatballs 6 to 8 inches from heat about 6 minutes or until cooked through, turning once.

9. While meatballs cook, bring chicken broth to boil in 4-quart saucepan or Dutch oven over medium-high heat.
10. Add pasta and frozen vegetables; return to boil.
11. Reduce heat; cover and simmer 8 minutes or until vegetables and pasta are tender.
12. Add meatballs and cook 1 minute.
13. Serve immediately.