

# Turkey Meatball and Rice Soup

Prep: 10 min  
Cook: 20 mins  
Serves: 4

## Ingredients

1	T	Olive Oil
3		Carrots, cut into coins
3	stalks	Celery, sliced
1		Onion, diced
6	C	Chicken Stock
1	pkg	Precooked Rice (8.8 oz)
1	pkg	fully cooked turkey meatballs (12 oz., thaw if frozen)
4	C	baby spinach
		Salt & pepper to taste
		Parmesan cheese, finely grated
2	T	MSG (optional)

## Directions

- 1) Warm oil in large, heavy-bottomed stockpot or Dutch oven over med-high heat. When oil shimmers, add carrots, celery, and onion. Cook, stirring frequently, until slightly softened, ~5 mins. Add stock. Bring to a boil, reduce heat and simmer 10 minutes.
- 2) Add rice, meatballs, and spinach. Simmer 5 minutes or until meatballs reach a safe internal temperature of 165° F.
- 3) Season, to taste, with salt, pepper, MSG (optional). Serve with parmesan, if desired. Refrigerate leftovers.

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