

## Italian Wedding Soup

cals: **230.6**    fat: **13.2 g**    protein: **24.2 g**    carbs: **3.5 g**    fiber: **2.4 g**

This is a hCG safe recipe for a filling nutritional soup. It has lots of delicious fiber in the spinach, and the buffalo gives it a much better flavor than beef.

*35 Minutes to prepare and cook                      1 serving per recipe*  
*Serving counts as 1 protein, 1 vegetable*

### Ingredients

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- 100 grams extra lean ground buffalo or beef
- 100 grams fresh spinach
- sea salt & black pepper
- cayenne pepper
- onion powder
- garlic powder
- sage, oregano and rosemary

### Directions

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Take the buffalo and roll it into 1 inch balls.  
Boil the meat, draining the water and fat off regularly.  
Place the meatballs in a metal strainer and pour boiling water over them to remove more fat.

While straining the meat, it is recommended to wipe the fat off the pan.  
Once the meatballs are done, then pour about a cup of water over the meatballs and add all of the spices.  
Simmer for a few minutes, then put the spinach in and steam for 5 minutes.

Put in a container in the fridge overnight,  
or let it sit for at least 4 hours.

### Nutritional Info

Servings Per Recipe: 1

#### Amount Per Serving

- Calories: 230.6
- Total Fat: 13.2 g
- Cholesterol: 72.2 mg
- Sodium: 145.9 mg
- Total Carbs: 3.5 g
- Dietary Fiber: 2.4 g
- Protein: 24.2 g

