

# *Elevating Your New Year*

January is National Soup month. Warm your soul with a bowl of hot soup on a cold winter's day. Soup is a quick and healthy meal. The healthiest soups include vegetables, low-fat and low-sodium ingredients making it a great heart healthy meal. Did you know the American Heart Association recommends 8 or more servings of fruits and vegetables each day (about 4 1/2 cups)? Eating a bowl of soup can increase your veggie intake and add vital vitamins and minerals to your day. You can use fresh, frozen, canned vegetables or leftovers in your fridge. Add beans or legumes to add fiber. Try this vegetable packed heart healthy recipe!

## Slow-Cooker Vegetable & Chicken Meatball Soup

Total time: 2hrs 55 minutes

Yields: 6 servings

### Ingredients

- 1 Tbsp olive oil
- 2 cups chopped yellow onion
- 5 tsp garlic cloves
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 4 cups unsalted chicken stock
- 1 cup chopped carrots
- 1 cup chopped zucchini
- 4 oz green beans (1 cup)
- 1/2 thinly sliced celery
- 1 (14.5 oz) can no-salt-added diced tomatoes
- 1 pound ground chicken
- 1/3 cup whole wheat panko (breadcrumbs)
- 2 1/2 Tbsp fresh flat-leaf parsley
- 2 tsp chopped fresh oregano



### Directions

#### Step 1

Heat oil in a large nonstick skillet over medium-high. Add the onions, garlic, salt and pepper to the skillet; cook, stirring often, until softened, about 6 minutes. Remove 1/2 cup of the cooked onion mixture and place in a medium bowl; set aside. Transfer the remaining onion mixture to a 5-6-quart slow cooker. Stir the stock, carrots, zucchini, green beans, celery and tomatoes into the slow cooker.

#### Step 2

Add the chicken, panko, 1/2 tablespoon of the parsley and 1 teaspoon of the oregano to the reserved 1/2 cup onion mixture in the bowl; stir gently with a fork to combine. Shape the chicken mixture into 18 (1 1/4-inch) meatballs into the crock without stirring. Cover and cook on HIGH until the meatballs are done and vegetables are tender, about 2 hours and 30 minutes. Stir in the remaining 2 Tbsp parsley and 1 tsp oregano. Serve hot. Enjoy.

This meatball soup requires 25 minutes of prep time.

## *Be Mindful of Healthy Toppings*

ADD FRESH HERBS, NUTS, SEEDS OR ROASTED CHICKPEAS  
TO ADD FLAVOR AND TEXTURE TO YOUR SOUP!

