

Meatball Soup with Alphabet Pasta



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)

PREP
TIME
10 min

COOK
TIME
15 min

TOTAL
TIME
25 min

SERVINGS
6

Made with



How to make it

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.

Quaker® Oats-Old Fashioned

12. Add meatballs and cook 1 minute.

13. Serve immediately.