

Turkey Ball Spinach Soup

Link for credit: <https://stylecaster.com/five-5-ingredient-healthy-meals/>

Ingredients:

- 1 lb. lean ground turkey
- 16 oz. jar organic marinara sauce
- 1 cup whole grain penne
- 2 cups fresh baby spinach
- 1/2 cup grated Parmesan cheese
- 2 1/2 cups water

Preparation:

Using hands, form small balls with lean turkey to create turkey balls. In large pot, combine turkey balls, marinara sauce, and water. Bring to a boil. Reduce heat, stir in penne and spinach, and simmer for 10 minutes, until penne and meatballs are hot and tender. Sprinkle with Parmesan cheese.

Tip for Gluten free - use gluten free penne

Tip for vegetarian/vegan - Use different protein source such as tofu or tempeh, omit the Parmesan and use dairy free vegan cheese of choice



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