



## ***Greek Meatball and Orzo Soup***

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**Serves 4; heaping 1 ½ cups per serving**

### **Ingredients:**

Cooking spray  
8 ounces extra-lean ground beef  
1 medium carrot, finely shredded  
1 large egg white  
1/4 cup plain dry whole-grain bread crumbs (lowest sodium available)  
1/4 teaspoon dried oregano and 1/4 teaspoon dried oregano, crumbled, divided use  
1/4 teaspoon pepper and 1/4 teaspoon pepper, divided use  
1/8 teaspoon salt  
2 teaspoons olive oil  
1 small onion, chopped  
1 medium rib of celery, chopped  
1 medium garlic clove, minced  
3 cups fat-free, low-sodium chicken broth  
1 14.5-ounce can no-salt-added diced tomatoes, undrained  
2 tablespoons no-salt-added tomato paste  
1/2 cup dried whole-wheat orzo  
1 medium zucchini, chopped  
2 teaspoons fresh lemon juice

### **Instruction:**

- 1.) Preheat the oven to 400°F. Lightly spray a broiler pan and rack with cooking spray. Set aside.
- 2.) In a medium bowl, using your hands or a spoon, combine the beef, carrot, egg white, bread crumbs, 1/4 teaspoon oregano, 1/4 teaspoon pepper, and the salt. Shape into about 32 meatballs, each about 1 inch in diameter. Arrange them in a single layer on the broiler rack.
- 3.) Bake on one side for 20 minutes, or until lightly browned on the outside and no longer pink in the center. Drain on paper towels.
- 4.) Meanwhile, in a large saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 5 minutes, or until the onion is soft, stirring frequently.
- 5.) Stir in the broth, tomatoes with liquid, tomato paste, remaining 1/4 teaspoon oregano, and remaining 1/4 teaspoon pepper. Increase the heat to high and bring to a boil. Stir in the orzo. Reduce the heat and simmer, covered, for 5 minutes.
- 6.) Stir in the zucchini. Cook for 3 minutes, or until the orzo is tender and the zucchini is tender-crisp.
- 7.) Gently stir in the baked meatballs. Cook for 1 minute. Remove the pan from the heat. Stir in the lemon juice.