



Italian Wedding Soup

With Rich Chicks Garlic Basil Chicken Meatballs

Serving Size: 2.5 Cups

Yield: 123

Contribution: 2oz Meat/Meat Alternate, 1/2 Cup Other Vegetable, 1/2 oz Grain

RC Product Code: 91401

Ingredients	Amount	Preparation Instructions
Rich Chicks Garlic Basil Meatballs	20 lbs	1. Place olive oil in steam jacketed kettle. Add carrots, onion and celery saute until tender. About 6 - 8 minutes.
Olive Oil	1.75 cup	2. Add chicken stock and bring mixture to a boil.
Diced Carrots	10.5 lbs	3. Add meatballs and bring soup back to a light boil.
Diced Onion	9 lbs	4. Add pasta and heat to light boil. Cover and cook, stirring occasionally until pasta is tender about 10 minutes.
Diced Celery	8 lbs	5. Add spinach and cook for another minute.
Minced Garlic	10 oz	
Whole Grain Rich Orzo Pasta	8 lbs	Pasta will continue to cook. If you need to hold the soup for more than 30 minutes, cook pasta separately and
Spinach chopped	8 lbs	
Unsalted Chicken Stock	12.25 gal	

Nutritional Information			
Portion	2.5 cups	Cholesterol (mg)	48
Calories	280	Sodium (mg)	535
Total Fat (g)	5	Total Carbohydrates (g)	34
Saturated Fat (g)	1.25	Dietary Fiber (g)	4.5
Trans Fat (g)	0	Protein (g)	21

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.