

Keto Italian Meatball Soup



This Keto Italian Meatball Soup combines hearty meatballs, a robust tomato broth, and fresh vegetables for a comforting and satisfying lunch. It's easy to prepare, full of flavor, and perfectly aligned with a keto diet.

Ingredients for 2 serving (US/Metric)

- 120g / 4.2oz **Ground beef**
- 1.5 *tbsp* **Parmesan cheese**
- **Eggs**
- **Garlic Cloves**
- **Italian seasoning**
- 384g / 13.5oz **Broth**
- **Canned crushed tomatoes**
- **Spinach**
- **Salt & pepper to taste**
- 1 *tbsp* **Olive oil**

Nutrition (US/Metric)

- **Protein:** 23%
- **Fat:** 58%
- **Net carbs:** 20%

Instructions

- **Make Meatballs:** In a bowl, mix ground beef, grated Parmesan, egg, half of the minced garlic, Italian seasoning, salt, and pepper. Form into small meatballs.
- **Brown Meatballs:** Heat olive oil in a large pot over medium heat. Add meatballs and cook until browned on all sides. Remove and set aside.
- **Cook Soup:** In the same pot, add remaining garlic and sauté for a minute. Pour in chicken broth and crushed tomatoes. Bring to a simmer.
- **Simmer Soup:** Add the meatballs back to the pot. Simmer for about 20 minutes.
- **Add Spinach:** Stir in chopped spinach and cook until wilted, about 3 minutes.
- **Serve:** Adjust seasoning with salt and pepper. Serve hot, garnished with extra grated Parmesan if desired.