Northwestern Medicine®

Living Well Cancer Resources

Providing compassionate care and hope to people facing cancer

Minestrone Soup with Turkey Meatballs: Fall 2026 BW I

Ingredients

Meatballs:
1 lb. ground turkey breast
1/4 cup seasoned whole wheat breadcrumbs
1/4 cup grated Parmesan cheese
1/4 cup Italian parsley, finely chopped
1 large egg
1/4 cup onion, minced
1 clove garlic, minced
1/4 tsp kosher salt
Soup:
32 oz-container reduced sodium chicken broth
2 tsp olive oil, extra virgin
1/2 cup chopped onion
1 cup diced carrots
1/2 cup diced celery
2 garlic cloves, minced
2 14.5 oz cans petite diced tomatoes
Parmesan cheese rind, optional
1 fresh or dried rosemary sprig
2 bay leaves
2 tbsp chopped fresh basil
1/4 cup chopped fresh Italian parsley
1/2 tsp fresh black pepper
8 oz zucchini, diced
2 cups fresh spinach, chopped
extra parmesan cheese for garnish, optional

Serving Size: 1 cup, 4-6 servings

Instructions

1. Preheat oven to 400°F.
2. In a large bowl, combine ground turkey, breadcrumbs, egg, parsley, onion, garlic, salt and cheese. Using your (clean) hands, gently mix all the ingredients well until everything is combined.
3. Form small meatballs, about 1 tbsp each, you'll get about 42. Bake in the oven about 12 minutes.
4. Meanwhile, heat the oil in a large pot or Dutch oven over medium-high heat.
5. Add the carrots, celery, onion, garlic and saute until tender and fragrant, about 15 minutes.
6. Add the broth, tomatoes, parmesan cheese rind, salt and pepper.
7. Add the rosemary, bay leaves, basil and parsley, cover and cook on low 40 minutes.
8. Remove the bay leaves, rosemary sprig, parmesan rind and drop the meatballs in along with the zucchini and spinach, cover and simmer until the zucchini is tender and meatballs are cooked through, about 8 to 10 minutes, season to taste with salt and black pepper if needed.
9. Serve with extra grated cheese on the side if desired.

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Nutrition Tip

- *3 oz of 93% lean ground turkey has around 3 grams of saturated fat, while 3 oz of regular lean ground beef has ~6 grams of saturated fat – this easy swap helps to keep saturated fat to <10% of total daily calories!*