



Meatball & tomato soup

Esther Clark

Serves 4	Easy
Prep: 5 mins	Cook: 15 mins



Get three of your 5-a-day in one serving with this healthy, low-calorie tomato soup. The addition of meatballs and giant couscous means it's filling, too

Freezable Healthy



Alternatives Complete the dish



Spiced carrot & lentil sc
★★★★★ 1455 rating



Spaghetti & meatballs
★★★★★ 282 ratings



Tomato & pasta sou
★★★★★ 99 ratings
Right navigation arrow



Ingredients

1½ tbsp rapeseed oil

1 onion finely chopped

2 red peppers deseeded and sliced

1

garlic clove
crushed

½ tsp
chilli flakes

2 x 400g cans chopped
tomatoes

100g
giant couscous

500ml hot vegetable stock

12 pork meatballs

150g
baby spinach

½ small bunch of
basil

grated parmesan
to serve (optional)

Method

Step 1

Heat the oil in a [saucepan](#). Fry the onion and peppers for 7 mins, then stir through the garlic and chilli flakes and cook for 1 min. Add the tomatoes, giant couscous and veg stock and bring to a simmer.

Step 2

Season to taste, then add the meatballs and spinach. Simmer for 5-7 mins or until cooked through. Ladle into bowls and top with the basil and some parmesan, if you like.

