**Spaghetti and Meatball Soup**

Ruth Poore

1 large onion – sautéed

3 (14 ounce 1/2) cans chicken broth [I used water and bouillon.]

1 (15.5 ounce) jar pizza sauce [I used a 28 ounce can of Hunt’s garlic and herb spaghetti sauce – it has no high fructose corn syrup]

1 (14 ½ ounce) can diced tomatoes with garlic, oregano, and basil [I used a quart of home canned tomatoes and added the spices.]

24 frozen cocktail sized meatballs, thawed (8 ounces) [I used a pound of burger, bread crumbs, etc. made into meatballs the size of a melon baller.]

Bring all this to a boil and add 2 cups frozen mixed vegetables (thawed), 4 ounces spaghetti (broken into 2 inch pieces, cooked, and drained), and ¼ teaspoon black pepper. (For gluten free I left the bread crumbs out of the meatballs and added rice sticks instead of noodles. They worked well to eat right away, but after freezing they were very wiry.)

Cook until meatballs are heated through and serve with parmesan cheese and crushed hot peppers, if desired. (The recipe says to stir in ¼ cup fresh parsley at the end, but I didn’t.)

Serves 6 – from Woman’s World Magazine – March 9, 2009