



Italian Sausage Meatball Soup

1 can Saucettes, drained
1 green pepper, finely chopped
1 medium onion, minced
8 ounces of seasoned bread crumbs
½ teaspoon ground fennel seed
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon dried parsley
2-3 eggs, beaten
4 cups vegetable broth
1 tablespoon Mckay's Chicken Seasoning
4 cups chopped kale
1 can (15 ounce) northern beans
1 can (15 ounce) lima beans
Juice of half a lime or lemon

Directions: Coarsely grind Saucettes in food processor
Add bell pepper, onion, bread crumbs, eggs, seasonings and mix well
Form Saucettes mixture into small balls and brown lightly on all sides in a lightly oiled skillet or bake on greased baking sheet in a 375 degree oven for 30 minutes turning once.
In a medium stock pot add the vegetable broth and McKay's seasoning and bring to a boil
Stir in the kale, beans and meatballs. Reduce heat and simmer about 10 minutes.
Serve in a bowl with a squeeze of lime juice.

Submitted by Leigh H. of North Carolina