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Out of this world soup

This veggie-packed meatball soup is technically for kids, but you'll be tempted to sneak a bowl for yourself. "There is no age restriction on good taste, even if it comes in the form of a UFO-shaped noodle," says Samara Foisy, registered dietitian for President's Choice. "This is one of my favourite recipes since the pasta is also high in fibre and a source of protein."

Passata, a simple tomato purée, gives the broth a subtle sweet tomato flavour without being too overwhelming for picky eaters. If you can't find it, purée one cup of no-salt-added diced tomatoes in a blender or food processor instead. Serve with a side salad for a balanced meal your kids will ask for again and again.

Spinach and meatball soup with outer space pasta

- Ingredients:**
- 2 tsp olive oil
 - 1 leek (white and light green parts only), chopped
 - 1 carrot, diced
 - 1 stalk celery, diced
 - 1 zucchini, diced
 - 1 900 ml package no-salt-added beef broth
 - 1 cup bottled strained tomatoes (passata)
 - 1 cup President's Choice Blue Menu Outer Space Pasta
 - 24 frozen low-fat meatballs
 - 1 cup packed baby spinach, coarsely chopped
 - 1/4 tsp each salt and freshly ground black pepper

- Directions:**
1. Heat oil in large saucepan over medium heat. Add leek, carrot, celery and zucchini. Cook while stirring occasionally until beginning to soften, about 5 minutes.
 2. Add broth and passata; bring to a boil. Add pasta; stir occasionally until liquid returns to a boil. Reduce heat to a simmer; cook 5 minutes.
 3. Stir in frozen meatballs; return to a simmer. Cook, stirring occasionally, until meatballs are heated through and pasta is tender but firm; about 7 to 9 minutes.
 4. Stir in spinach, salt and pepper; cook until spinach is wilted, about one minute.

Substitute a quarter cup frozen chopped spinach for fresh spinach, if that's what you have on hand. (NC)

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KATE'S KORNER



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