



Oregano is a great antibacterial agent. It has phytonutrients (thymol and carvacrol), which fight infections such as staph. It's loaded with antioxidants that help prevent cell damage, and it's an excellent source of fiber, vitamin K, manganese, iron, vitamin E, tryptophan, and calcium.

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HERB YOUR ENTHUSIAM

Italian Wedding Soup

For the meatballs:

1 lb ground beef, turkey, or meat substitute
 ½ cup Ground parmesan cheese
 2 tablespoons Organic oregano
 2 teaspoons Garlic powder

½ teaspoon sea salt
 1 egg at room temperature or an
 egg replacer

For the soup:

8 cups chicken broth
 1 cup celery, chopped
 1 cup carrots, chopped
 1 cup onion, chopped
 3 minced garlic cloves
 ¼ cup dill

1 teaspoon oregano
 2 cups spinach
 ¼ cup parmesan cheese
 ½ teaspoon sea salt
 ½ teaspoon pepper

Mix all the ingredients for the soup in a pot and bring to a boil. Mix all the ingredients of the meatballs and form small ½ inch diameter balls. Carefully place meatballs in the boiling soup to cook for 30 minutes. Some people like to add pasta but I don't think it is necessary.