

## SOUP

# ITALIAN WEDDING SOUP

(read notes before shopping)

## INGREDIENTS

### MEATBALLS

- 1/2 lb lean ground beef
- 1 egg, slightly beaten
- 2 tablespoons breadcrumbs
- 1 tablespoon parmesan cheese
- 1/2 teaspoon dried basil
- 1/2 teaspoon onion powder/salt

### SOUP

- 5 3/4 cups chicken broth/stock
- 2 cups chopped spinach or escarole
- 1/2 cup pasta of choice  
orzo/ditalini/ancini depepe pasta - uncooked
- 1/3 cup finely chopped carrot
- grated parmesan cheese

## DIRECTIONS

1. In medium bowl combine, meat, egg, bread crumbs, parmesan cheese, basil& onion powder; shape into 3/4" balls.
2. In large sauce pan, heat broth to boiling; stir in spinach, pasta of choice, carrot & meatballs.
3. Return to boil;reduce heat to medium.
4. Cook at slow boil for 10 minutes or until pasta is tender.
5. Stir frequently to avoid sticking.
6. Serve with additional Parmesan cheese sprinkled on top and crusty french bread.



## NOTES

- 1) You can skip making the meatballs if you are in a crunch for time by substituting frozen italian meatballs. Buy a couple of small bags (I have used the Rosina Italian meatball brand).
- 2) This recipe freezes well. Because the meatballs and spinach take time to prepare, I double the meatball and soup recipe - eat some for dinner and freeze the rest.
- 3) Nana insists on cutting the stems off the spinach. This is tedious but necessary. The spinach is done cooking when it turns dark green.
- 4) You can make your own adjustments to this soup. I use one carton chicken STOCK and 2 cartons chicken broth. Sometimes I throw in bullion cubes. Sometimes I also use a carton of bone broth. Sometimes I cook up stock from a rotisserie chicken and add that also.
- 5) You can also cook the pasta to al dente in separate pan (for those who don't want the pasta) and then add to individual soup servings.