

RECIPE



ITALIAN WEDDING SOUP

INGREDIENTS:

for meatballs:

- 1 1/2 lb. ground veal, pork & beef mixed
- 1/2 c. seasoned breadcrumbs
- 1/2 c. grated pecorino romano cheese
- 1 egg, large
- 2 tbsp. chopped parsley
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp. dry white wine
- olive oil
- salt & ground black pepper

for soup:

- 8 c. chicken stock
- 8 c. water
- 2 lg. carrots, peeled and chopped
- 2 lg. celery stalks, chopped
- 2 garlic cloves, roughly chopped
- 1 large onion, chopped
- 1 bay leaf
- 4 ea. sprigs of thyme and parsley, tied together
- 1/2 c. dry white wine
- 2 cups baby spinach
- olive oil
- salt & ground black pepper

DIRECTIONS:

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

For meatball mixture, heat 1 tablespoon of olive oil over medium heat and sautee chopped onion and garlic for 2-3 minutes. Season with salt and pepper and deglaze pan with white wine. Cook for another 1 or 2 until the wine has evaporated and the onion garlic mixture has a golden brown color. Add the onion and garlic mixture to a large mixing bowl and add the ground meat, breadcrumbs, grated cheese, egg, parsley. Combine all ingredients well.

Using a 1 inch melon baller with an ejector, shape meatballs in your hand and place them on the lined baking sheet. this mixture makes approximately 30 meatballs. Place in oven for 15 minutes.

Meanwhile in a large stockpot, heat 2 tablespoons of olive oil over medium-high heat and sautee carrots, onion, garlic and celery for about 5 minutes. Deglaze the pan with the dry white wine then add bay leaf and bouquet of thyme and parsley and saute until fragrant, another 2 minutes. Add the chicken stock and water to the stock pot and bring to a simmer.

Remove meatballs from oven and transfer to a plate lined with paper towels and let some of the oils drain off before placing them in the stock pot. Simmer the soup on low for 40 minutes. Add spinach and continue to stir the leaves in gently to the soup until wilted. Add small cooked pasta if desired, before serving.

Servings: 8

