



Italian Wedding Soup

FOR THE MEATBALLS:

- ½ pound ground beef or ground chicken
- ½ pound Italian sausage or chicken sausage
- 1/3 cup bread crumbs
- 3 garlic cloves – minced
- 1 egg – lightly beaten
- 2 TBS heavy cream
- 3 TBS finely chopped parsley
- ½ cup shredded Parmesan cheese
- 2 TBS grated yellow onion
- 2 tsp. coarse salt
- 2 tsp. black pepper

Place all the ingredients in a bowl. Mix well and make meat balls – about 1 inch in size. Place meatballs on a lined baking sheet. You should get at least 48. Calculate 6 meatballs per person and bake them. Freeze the rest for future use.

Heat an oven at 350 degrees. Place the meatballs into the oven and bake for about 30 minutes – until meatballs are cooked through and browned.

FOR THE SOUP:

- 2 TBS olive oil
- 1 small yellow onion – finely chopped
- 2 celery stalks – chopped
- 1 large carrot – diced
- 6 cups chicken broth
- ½ cup dry white wine
- ¾ cups small pasta – any kind will do as long as it is tiny (orzo, pearls, shells, etc)
- 1 cup torn spinach leaves

Add the olive oil to a large pot. Heat. Add the onion, celery and carrots. Sauté for about five minutes, stirring occasionally, until vegetables are softened.

Add the chicken stock and white wine. If you do not like cooking with wine go ahead and skip it. Bring the soup to a boil and simmer for about 5 minutes.

Add the pasta and cook for about 6 to 7 minutes. You want the pasta to be al-dente. When the pasta is cooked, add about 24 of the cooked meatballs. Add black pepper and stir.

Add the spinach leaves. All you want is for them to wilt. Serve and enjoy with some crusty bread.