

Italian Wedding Soup with Meatballs

Meatballs:

Ingredients:

1 C seasoned bread crumbs
¼ C Parmesan, finely grated
½ C whole milk
½ C beef broth
½ C chopped fresh parsley
3 eggs, beaten
2 T dried oregano
1 T garlic, minced
1 T kosher salt
1T ground pepper
2 t dried basil
1 t red paper flakes
1 pinch nutmeg

2 lbs ground chuck (90/10)

Preparation:

1 Stir together all ingredients in a large mixing bowl.

2 Add the ground chuck and mix together thoroughly.

3 Using 2 spoons, shape the mixture into small (1") balls. Roast them in batches in a skillet until slightly brown all around.

Set aside.

Italian Wedding Soup:

Ingredients:

1 C yellow onion, diced
1 C celery diced
1 C carrot, diced
1 C ham, diced
1 T garlic, minced

6 C chicken broth
2 t dried oregano
2 t red pepper flakes
1 bay leaf

2 C fresh spinach leaves,
coarsely chopped
½ C fresh parsley
1 15oz. can white beans,
drained and rinsed

½ C parmesan, grated

Preparation:

1 Sweat veggies, ham and garlic in a little olive oil in a stockpot until soft.

2 Add chicken broth, 3 meatballs/person and seasonings, let simmer 15 to 20 minutes

3 Stir in beans, spinach and parsley. Cook about 2 min until spinach wilts.

4 Off heat, stir parmesan into soup

Serve immediately.