

ITALIAN WEDDING SOUP

 serves 6-8  prep: 20 min  cook: 35 min



INGREDIENTS

For the meatballs

- 1 lb ground beef or Italian sausage
- ½ cup breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 large egg
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- ½ tsp salt
- ½ tsp black pepper

For the soup

- 1 tbsp olive oil
- 1 small yellow onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 8 cups chicken broth
- ¾ cup small pasta, such as acini di pepe or orzo
- 4 cups fresh spinach, chopped
- 1 tsp Italian seasoning
- ½ tsp salt
- ½ tsp black pepper
- ½ cup grated Parmesan cheese
- 1 tbsp fresh lemon juice

*Cozy Tip

Make the meatballs small—about 1 inch across. They cook quickly and give you a little meatball in almost every bite. Freshly grated Parmesan also makes the broth extra flavorful.

DIRECTIONS

1. **Make the meatballs:** In a large bowl, combine the ground beef or sausage, breadcrumbs, Parmesan, egg, garlic, Italian seasoning, salt, and pepper. Mix until just combined. Roll into small meatballs, about 1 inch in diameter.
2. **Brown the meatballs:** Heat olive oil in a large soup pot over medium-high heat. Add the meatballs in batches and cook for 4–5 minutes, turning occasionally, until browned on the outside. They don't need to be completely cooked through yet. Remove and set aside.
3. **Cook the vegetables:** Add the onion, carrots, and celery to the same pot. Cook for 5–7 minutes, until softened. Add the garlic and cook for another minute.
4. **Add the broth:** Pour in the chicken broth and add the Italian seasoning, salt, and pepper. Bring to a gentle boil.
5. **Cook the meatballs:** Carefully return the meatballs to the pot. Reduce the heat and simmer for 10 minutes.
6. **Add the pasta:** Stir in the pasta and cook according to the package directions, usually 6–10 minutes, until tender.
7. **Add the spinach:** Stir in the spinach and cook for 2–3 minutes, until wilted.
8. **Finish the soup:** Stir in the Parmesan cheese and lemon juice. Taste and adjust the salt and pepper as needed.
9. **Serve:** Ladle into bowls and top with extra Parmesan cheese. Serve with warm crusty bread.