

Italian Wedding Soup

Serves Four

Soup Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 small brown onion, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 teaspoon dried oregano
- ¼ teaspoon dried thyme
- 2 bay leaves
- 1 pinch red pepper flakes
- 2 teaspoons Kosher salt
- 2 tablespoons tomato paste
- 1 (28-ounce) can crushed tomatoes
- 1-quart chicken stock
- 1 cup water
- 1 cup chopped zucchini
- ½ cup pastina (small pasta, shells)
- 2 cups fresh baby spinach or chopped escarole
- ½ cup grated parmesan cheese
- handful of fresh Italian parsley, chopped fine
- A couple of tablespoons fresh lemon juice
- Kosher salt and pepper to taste

Meatball Ingredients

- 8 ounces ground chicken
- 8 ounces Italian chicken sausage (casings removed)
- 1 garlic clove, minced
- ½ cup freshly grated Parmesan cheese
- 1 egg, lightly beaten
- ½ cup panko
- ½ teaspoon Kosher salt
- ¼ teaspoon freshly ground pepper
- handful of fresh Italian parsley leaves, finely chopped



Steps

1. **Make the meatballs:** Preheat oven to 350° F. Spray a sheet pan well with olive oil spray. Combine meats, garlic, cheese, egg, panko, salt, pepper and parsley leaves into a medium-sized bowl and mix to combine. Using a small scooper, or a soup spoon, portion out small mounds and roll them into a ball shape.
2. Place raw meatballs on the prepared baking sheet pan and bake for about 20 minutes (or until meatballs are lightly browned all the way around).
3. Heat 2 tablespoons olive oil in a large skillet or small stock pot on medium-high heat. Add the chopped onion, diced zucchini, carrot, celery, and minced garlic cloves, thyme, kosher salt, bay leaf and cook, stirring until you smell the onions, about 5 minutes. Add pepper (about 1/2 teaspoon can adjust the taste later). Stir in tomato paste and add crushed tomatoes and chicken stock.
4. Add the cooked meatballs and bring soup to a boil. Lower the fire to a simmer and continue cooking for another 12 minutes. Add the water pastina and cook according to the directions on the box.
5. Just before serving, add chopped spinach leaves and lemon juice. Simmer for another 5 minutes. Taste the soup for seasonings. Remove the bay leaf. Ladle soup into servings bowls and add freshly grated Parmesan cheese. Serve hot!