

Italian Wedding Soup

Author: Ina Garten, Barefoot Contessa Back to Basics

Carolyn T's
Main Cookbook

Servings: 8



MEATBALLS:

3/4 pound ground chicken

1/2 pound chicken sausage, casings removed

2/3 cup bread crumbs, fresh white

2 cloves garlic, minced

3 tablespoons fresh parsley, minced

1/4 cup Pecorino Romano cheese, grated

1/4 cup Parmesan cheese, freshly grated, plus extra for serving

3 tablespoons milk

1 large egg, lightly beaten

Kosher salt and freshly ground black pepper

SOUP:

2 tablespoons olive oil

1 cup yellow onion, minced

1 cup carrots, diced, 3 whole, peeled

3/4 cup celery, 2 stalks, cut into 1/4 inch pieces

10 cups chicken stock

1/2 cup dry white wine

1 cup pasta, tubetini, stars, or orzo

1/4 cup fresh dill, minced

12 ounces baby spinach, washed and trimmed

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 361 Calories; 13g Fat (35.3% calories from fat); 27g Protein; 27g Carbohydrate; 3g Dietary Fiber; 95mg Cholesterol; 3124mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat.

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1. Preheat the oven to 350 degrees F.

2. For the meatballs, place the ground chicken, sausage, bread crumbs, garlic, parsley, Pecorino, Parmesan, milk, egg, 1 teaspoon salt, and 1/2 teaspoon pepper in a bowl and combine gently with a fork. With a teaspoon, drop 1 to 1 1/4-inch meatballs onto a sheet pan lined with parchment paper. (You should have about 40 meatballs. They don't have to be perfectly round.) Bake for 30 minutes, until cooked through and lightly browned. Set aside.

3. In the meantime, for the soup, heat the olive oil over medium-low heat in a large heavy-bottomed soup pot. Add the onion, carrots, and celery and saute until softened, 5 to 6 minutes, stirring occasionally. Add the chicken stock and wine and bring to a boil. Add the pasta to the simmering broth and cook for 6 to 8 minutes, until the pasta is tender. Add the fresh dill and then the meatballs to the soup and simmer for 1 minute. Taste for salt and pepper. Stir in the fresh spinach and cook for 1 minute, until the spinach is just wilted. Ladle into soup bowls and sprinkle each serving with extra grated Parmesan.