

Italian Wedding Soup

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A very traditional starter at Italian weddings - thus the name - this fresh, light soup is a hit anytime!
Servings: 4

Typically, the pasta is dished into individual serving bowls, and the soup poured over it just prior to serving; this keeps the pasta from absorbing all the broth and getting mushy. If substituting spinach for the escarole, slice it and add a handful to each bowl along with the pasta, then top with soup and serve.

Meatballs

*1/2 lb ground veal, or ground beef
1 egg, beaten
salt and pepper, to taste
1/3 c Parmesan cheese, freshly grated*

Soup

*5 c chicken stock
1/2 bunch escarole (or baby spinach)
chopped
1/2 c pastina, or orzo or mini ball
pasta, cooked al dente
salt and pepper, to taste
Parmesan cheese, freshly grated, for
topping*

Preparation Time: 25 minutes

Start to Finish Time: 40 minutes

In bowl, combine meatball ingredients; blend well but do not overwork!. Form mixture into 1/2" meatballs.

In large stockpot, heat up chicken stock on medium heat and add meatballs. Simmer meat in stock 8-10 minutes.

Add escarole, then cooked pasta. Simmer it all together 8-10 minutes.

Dish up into individual bowls, top with Parmesan, and serve immediately.

Mangia!

*Per Serving (excluding unknown items): 159
Calories; 7g Fat (47.5% calories from fat); 16g
Protein; 2g Carbohydrate; trace Dietary Fiber;
105mg Cholesterol; 2874mg Sodium. Exchanges:
2 Lean Meat; 0 Vegetable; 0 Fat.*