

Barb's Autumn Soup (Polpette (Meatballs) and Orzo in Broth)

Source: Barbara Allen

Ingredients

- 3 cans Chicken Broth, (homemade is better)
- 1 slice Italian Bread
- ½ cup Low Fat Milk
- 1 lb. Ground Sirloin (hamburger!)
- ½ cup Minced Fresh Onion
- ½ cup Grated Fresh Parmesan Cheese, divided
- ¼ cup Chopped Fresh Italian Parsley
- ¼ teaspoon Salt
- ¼ teaspoon Black Pepper
- 1 cup Shredded Carrot
- 2 cups Hot Cooked Orzo, about 1 cup uncooked
- ¼ cup Parmesan Cheese
- ¼ cup Parsley

Method

Bring broth to a simmer in a Dutch oven (do not boil). Keep warm over low heat.

Soak the bread in milk for 5 minutes and squeeze moisture from the bread. Combine the bread, beef, minced onion, ¼ cup cheese, ¼ cup parsley, salt and pepper in a bowl. Shape meat mixture into 24 (1½- inch) meatballs.

Add meatballs and carrot to broth, and bring to a boil. Reduce heat and simmer 8 minutes. Stir in Orzo and cook 2 minutes. (See note below.)

Sprinkle with ¼ cup Parmesan cheese and ¼ cup plus 2 tablespoons parsley.

Notes

From Helen: I prefer to make the orzo separately and add it to each bowl as needed. Otherwise the orzo soaks up the liquid and the next day you have a big bowl of flavored orzo but no broth.

This is delicious and very fast!!