

Italian Wedding Soup

Servings: 8

Source: Once Upon a Chef

Ingredients

Meatballs

- 1 large egg
- 3 tbsp chopped fresh chives
- 2 tsp chopped fresh sage leaves
- 2 cloves garlic, minced
- $\frac{3}{4}$ lb lean ground beef
- $\frac{1}{2}$ lb sweet or hot Italian sausage, casings removed
- $\frac{1}{2}$ cup Parmesan cheese
- $\frac{1}{3}$ cup Italian seasoned bread crumbs
- $\frac{1}{4}$ tsp salt

Soup

- 2 tbsp olive oil
- 1 medium yellow onion, diced
- 2 large carrots, diced
- 2 stalks celery, diced
- 6 cups chicken broth, not low sodium
- 2 cups beef broth, not low sodium
- 2 cups water
- $\frac{1}{2}$ cup dry white wine, optional
- 1 bay leaf
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- 1 cup small pasta, such as ditalini
- 4 oz spinach, stems trimmed and roughly chopped (about 3 packed cups once chopped)
- Parmigiano Reggiano, for serving

Method

Meatballs

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil and set an oven-proof roasting rack over top. Spray the rack generously with nonstick cooking spray.
2. In a large bowl, beat the egg with the chives, sage, and garlic. Add the remaining meatball ingredients and mash with your hands until evenly combined. Roll the mixture into

tablespoon-size balls (about 1 inch in diameter) and place on the prepared rack. Bake for 15 to 18 minutes, or until lightly browned and cooked through. Set aside.

Soup

1. Meanwhile, start the soup. In a large soup pot or Dutch oven over medium heat, heat the olive oil. Add the onions, carrots, and celery and cook, stirring frequently, until the vegetables are softened, about 8 minutes. Add the chicken broth, beef broth, water, wine, bay leaf, salt, and pepper and bring to a boil. Add the pasta and cook, uncovered, at a gentle boil until the pasta is al dente, 8 to 10 minutes (or according to package directions). Taste the soup and adjust the seasonings, if necessary. Reduce the heat to low and add the spinach and meatballs. Simmer for a few minutes, until the spinach is wilted and the meatballs are warmed through. Ladle into bowls and serve with grated Parmesan.

***FREEZER-FRIENDLY:** The soup can be frozen for up to 3 months, but wait until you reheat the soup to add the pasta. Defrost the soup in the refrigerator for 12 hours, then reheat it on the stovetop over medium heat until simmering, add the pasta, and cook until the pasta is tender.*