

Italian Wedding Soup

Kids love tender tiny meatballs and fun pasta shapes that swim in this soup. I like the spinach and egg ribbons that make this soup a full meal.

Serves 6-8

Ingredients

- 1 small 3-pound chicken, quartered, skin removed
- 2 small carrots, peeled, chopped, about 1 cup
- 2 ribs celery, chopped
- 1 small onion, peeled, chopped
- 2 cups fresh spinach, roughly chopped
- 1 cup of acini di pepe or mini star-shaped pasta, parboiled
- 1 1/2 pound ground turkey or lean sirloin
- 1/4 cup grated Parmesan or Romano cheese
- 1 cup whole wheat bread crumbs
- 2 cloves minced garlic
- 1/4 cup non-fat, skim milk
- 2 1/2 teaspoons salt
- 1/4 teaspoon ground pepper
- 1 tablespoon olive oil
- 3 eggs
- 1/2 cup of Parmesan or Romano cheese

Directions

Clean chicken and sprinkle with half teaspoon of the salt. In a large stockpot, cover chicken with water. Add carrots, celery and onion and simmer for 1 hour or until chicken is cooked through and no longer pink at the bone.

While the chicken is cooking, prepare the meatballs. Combine veal or sirloin, grated cheese, breadcrumbs, garlic, milk, and one of the eggs. Season with remaining salt and pepper and mix well. Form meat into small meatballs about the size of a grape. Heat a large skillet and add olive oil. Add meatballs and brown 3-4 minutes, turning occasionally. Set aside.

Remove chicken from soup broth. When chicken is cool enough to handle, remove meat from skin and bones, and cut into small chunks. Return the meat to the soup along with the meatballs. In a small bowl,

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combine egg with the Parmesan. Return the soup to a slow boil. Add spinach and drizzle egg mixture through a colander slowly into the soup. Serve immediately.

Make It A Meal

Serve with toasted whole wheat toast or pita, Home made pizza

Wine Pairing

Chardonnay, Rose

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