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Ingredients for Italian Wedding Soup Recipe

For Soup:

1 TB olive oil

1/2 large onion, peeled and chopped

2 large carrots, peeled and chopped

1 clove garlic, peeled and minced

1/4 cup dry sherry (optional)

8 cups chicken stock, homemade preferred

1 dried bay leaf

3/4 cup acini di pepe pasta

8 ounces fresh, tender kale - rinsed and torn into bite-sized pieces (can often be found in ready-to-use packages, but still rinse)

For Meatballs:

2 slices white bread, torn into small pieces, no crust

3 tablespoons milk

1 tablespoon Worcestershire sauce
1/2 large onion, peeled and grated
1 teaspoon granulated garlic
1 teaspoon dried oregano
1 tablespoon dried parsley flakes
1/3 cup grated Parmesan cheese + more for garnish

1/2 teaspoon freshly ground black pepper
1/2 pound ground pork
1/2 pound ground chuck
1 teaspoon baking powder
1/2 teaspoon salt



Directions for Italian Wedding Soup Recipe

- 1. Sauté onions and carrots:** In a Dutch oven, heat olive oil over medium heat. When oil is shimmering, add chopped onions and carrots. Cook until vegetables are softened, about 5 minutes; stir occasionally.
- 2. Add garlic:** Add garlic. Cook for 1 minute.

3. **Add then simmer:** Add dry sherry, chicken stock, and bay leaf. Turn up heat and bring to a boil with lid on, then immediately reduce heat to a simmer.
4. **Start meatballs:** While soup is simmering begin making the meatballs.
5. **Form a paste:** In a large bowl, use a fork and combine these ingredients until they form a paste: bread, milk, Worcestershire sauce, grated onion, granulated garlic, dried oregano, dried parsley flakes, 1/3 cup Parmesan cheese, and black pepper.
6. **Mix pork:** In a separate bowl, combine the ground pork, ground chuck, baking powder, and salt. Work it with your hands until well-mixed.
7. **Combine:** Add pork and ground chuck to large bowl with bread mixture. Using your hands or a large spoon, work to combine the ingredients.
8. **Shape meatballs:** Shape this mixture into roughly 30 mini meatballs, about 1-inch in diameter. Using a teaspoon or small scoop can help you create uniformly sized meatballs. Place them on a parchment-lined baking sheet.
9. **Add pasta and kale:** To the simmering stock, add the acini di pepe and kale. Stir occasionally and cook for 5 minutes, lid off.
10. **Add meatballs:** Add the meatballs and continue cooking until they float, about 5-10 minutes. Increase heat enough to maintain simmer.
11. Ladle into bowls and garnish with freshly grated Parmesan cheese. Enjoy!

