



# Fast and Easy Italian Wedding Soup

**Prep Time:** 20 Minutes

**Cook Time:** 40 Minutes

**Total time:** 1 Hour

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## INGREDIENTS

### For Broth:



- 1 -2 containers of chicken broth
- Small onion (or half is fine)
- 1-2 carrots
- 1-2 stalks of celery
- ½ tomato (optional)
- Frozen spinach (optional)
- 4-6 oz of Acini de Pepe or other tiny pasta\*

### For Meatballs:

- 1 ground chicken breast or 1 package of ground turkey or chicken
- ½ cup breadcrumbs (amount depends on amount of ground chicken used)
- ½ cup grated Parmesan (more if you like!)
- ¼ cup chopped parsley
- 1 egg
- Salt and pepper to taste



# INSTRUCTIONS

## To make the meatballs:

- Place the ground chicken or turkey in a bowl along with the breadcrumbs and Parmesan cheese.
- In a measuring cup, crack the egg and beat slightly; add salt and pepper to egg and mix in chopped parsley.
- Add the egg mixture to the meat/bread mixture and mix well. Mixture should be dry enough to form meatballs. If too wet just add more breadcrumbs or cheese.
- Roll the mixture into small meatballs (adjust size to your liking)



Step 1



Step 2



Step 3



Step 4



Step 5

## To make the soup:

- Add the broth, celery, carrot, and onion and half of a tomato to a large pot. You may chop the carrots and celery into pieces if you like vegetables in your soup, otherwise you can leave them whole and remove once they are cooked, along with the onion.
- Bring this to a gentle boil and let cook for about 20 minutes. Check occasionally to be sure it is not reducing too much. If you boil too fast, it will evaporate and you will need to add more stock or a bit of water to the pot. There is no need to add salt as the broth already has salt in it.



- Once the vegetables in the broth have softened, add in the uncooked meatballs and stir to make sure they don't stick to the bottom. What makes it so simple is that **you don't need to brown the meatballs beforehand**. Cooking them right in the broth saves you time, and also infuses the broth with lots of flavor.
- Let simmer for 5-10 minutes depending on the size of the meatballs.
- In another pan, boil the pasta until done (follow the directions on the package). Add the pasta to the broth and season with salt and pepper if needed. Sprinkle with Parmesan cheese before serving if you wish.



#### Tips, Tricks, Shortcuts and Substitutions:

- If you can't find Acini de Pepe, you can substitute any other small noodle such as small shells, orzo, or even rice.
- If you own a food processor, you can use it to make this recipe even faster. Just place all the ingredients for the meatballs in the food processor and pulse until you get a uniform ball.
- Many people add spinach to this recipe, I prefer it plain. If you do like spinach, fresh or frozen can be added at the end of the cooking, just enough to wilt it.
- Parmesan cheese can be optional if you need the recipe to be dairy free. Use freshly grated Parmesan or deli Parmesan (not the boxed type) for best results!
- When rolling the meatballs keep a small bowl of water handy. Wet the palms of your hands and then roll the balls, this keeps them from sticking to your hands.