

# Italian Wedding Soup



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Recipe by: Laura Vitale

Serves 4

**Prep Time:** minutes

**Cook Time:** minutes

## Ingredients

### For the soup base:

- 1 Small Onion, chopped
- 2 Medium Carrots, diced
- 2 Stalks of Celery, diced
- 1 Clove of Garlic, minced
- 1 Tbsp of Olive Oil
- 6 cups of Chicken Stock
- 5 ounces of Fresh Baby Spinach, washed and dried
- ¼ tsp of Fresh Lemon Zest
- Fresh Chopped Parsley
- Salt and Pepper, to taste
- ¾ Cup of Small Pasta
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### For the meatballs:

- ¾ lb Ground Chicken
- 1 tsp of Grated Onion
- 1 Clove of Garlic, grated or finely minced
- ¼ tsp of Fresh grated Lemon Zest
- Salt and Pepper, to taste
- 1 Tbsp of Fresh chopped Parsley
- 2 Tbsp of Bread Crumbs
- 1 Egg
- 1 Tbsp of Milk
- 3 Tbsp of fresh grated Parmigiano Reggiano

1) In a large bowl, combine together all of the meatballs ingredients, mix well and form little tiny meatballs. Set aside.

2) In a large pot over medium high heat, cook together the chopped onion, carrots, celery and garlic in the olive oil, season with salt and pepper and cook for about 5 minutes. Add the chicken stock and bring to a boil.

3) Add the meatballs and cook for about 10 minutes. Add the pasta and cook according to packaged direction. 2 minutes before the pasta is cooked, add the spinach and cook for a couple minutes.

4) Season with salt and pepper to taste and turn the heat off. Right before its served, add the ½ tsp of grated lemon zest and fresh chopped parsley.

Ladle up and enjoy!

