

Italian Wedding Soup with Tortellini



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Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes

Cook Time: 1 hours 15 minutes

Ingredients

For the meatballs:

- 1 lb of Ground Chicken
- 1/3 cup of Breadcrumbs
- 1/3 cup of Grated Parm or Romano
- 2 Cloves of Garlic, minced
- 1/4 cup of Fresh Parsley, finely minced
- 1 Tbsp of Garlic and Herb Seasoning
- 1 Tbsp of Olive Oil
- 1 Egg
- Salt and Pepper, to taste
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For the soup base:

- 2 Tbsp of Olive Oil
- 1 Yellow Onion, finely diced
- 4 Stalks of Celery, diced
- 4 Carrots, peeled and diced
- 12 cups of Chicken Stock
- 5oz of Fresh Baby Spinach, washed
- Salt and Pepper, to taste
- Rind of some authentic parmigiano, optional
- Freshly grated parm
- 1 lb of Frozen or Fresh Cheese Tortellini

1) In a large dutch oven, add the olive oil, preheat over medium heat then add the onions, add a pinch of salt and sauté for about 8 to 10 minutes or until soft and translucent, add the stock and bring to a simmer.

2) Meanwhile, make the meatballs by mixing together the chicken, breadcrumbs, parm, garlic, seasoning, salt and pepper and parsley, form into teaspoon size meatballs.

3) Once the soup base is up to a simmer, add the meatballs, reduce the heat to medium-low and simmer for about 45 minutes.

4) When ready to serve, add the tortellini, cook according to package instructions, once ready, adjust seasoning to taste, add a couple handfuls of parm directly in the soup along with the spinach, stir until wilted then serve with extra parm and freshly ground black pepper.

