

Mini Meatball Soup



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients

For the soup base:

- 2 Tbsp of Olive Oil
- 1 Small or 1/2 of a Large Yellow Onion, diced
- 2 Cloves of Garlic, minced
- 2 cups of Crushed Tomatoes (or any tomato product of choice)
- 1 cup of Milk
- 4 cups of Beef Stock
- 2 tsp of Garlic and Herb Seasoning
- 2 tsp of Italian Seasoning
- Fresh Basil
- Salt and Pepper to taste
- Hunk of Parmesan Rind, optional
- 8oz of Ditalini Pasta

For the Meatballs:

- 3/4lb of Ground Beef
- 1 Egg
- 1/4 cup of Breadcrumbs
- 1/4 cup of Freshly Grated Parm
- Fresh Chopped Basil or Parsley
- 1 Clove of Garlic, minced or grated
- Salt to taste
- Pinch of Italian seasoning

1) In a soup pot, add the olive oil and onion, cook over medium heat until softened, then add the garlic, cook another 30 seconds or so then add the tomatoes, beef stock, milk, garlic and herb seasoning, Italian seasoning basil and parm rind, bring to a boil.

2) While the soup is simmering, make the meatballs by mixing together the beef, bread crumbs, cheese, herbs and seasonings then form into tiny meatballs. Add all the meatballs to the soup and simmer for 20 minutes.

3) Add the ditalini, cook until al dente, then serve up with more cheese and freshly ground black pepper!

