

Ultimate Escarole Soup



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Recipe by: Laura Vitale

Serves 8-10

Prep Time: 30 minutes

Cook Time: 3 hours 0 minutes

Ingredients

- 1-1/2 lb of Bone-In, Skin-On Chicken Thighs
- Touch of Olive Oil
- 1 Large Yellow Onion, cut into quarters
- Few Stalks of Celery, cut into large pieces
- Few Carrots, peeled and cut into large pieces
- Handful of Parsley Stems
- Plenty of Salt and Pepper
- 2 Heads of Escarole, thoroughly cleaned and chopped
- 2 Eggs
- Plenty of Grated Parm
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For the Meatballs:

- 1/2 lb of Ground Beef
- 1 Egg
- 1/3 cup of Breadcrumbs
- About 1/2 cup of Milk or enough to cover the breadcrumbs
- Plenty of Parm
- 1 Clove of Garlic, grated
- 2 Tbsp of Finely Chopped Parsley
- Salt and Pepper, to taste

1) Season the chicken thighs with some salt and sear them in a hot dutch oven with a touch of oil until browned on both sides and have rendered some fat, remove from the pan, remove most of the rendered fat from the pan, then add the onion, celery and carrots. Saute a few minutes then cover with water (your pot should be filled with 3/4 of the way with water) then add the seared chicken back in along with the parsley and a good pinch of salt, bring to a boil and simmer about an hour.



2) Add the chicken thighs to a large pot with the onion, celery, carrots, parsley stems, salt, and pepper, cover with water, and simmer for about 2 hours.

3) In a bowl, combine the breadcrumbs and milk and let soak for a minute, then add the ground beef, egg, Parmesan, garlic, parsley, salt, and pepper and mix gently, form into small meatballs and set aside covered in the fridge until you need them.

4) Remove the chicken, shred the meat, and set aside. Strain out and discard all the aromatics so you're left with a clear broth.

5) In a bowl, combine the breadcrumbs and milk and let soak for a minute, then add the ground beef, egg, parmesan, garlic, parsley, salt, and pepper and mix gently, form into small meatballs and set aside.

6) Bring the broth back to a simmer, add the meatballs and shredded chicken, and cook for about 40 minutes.

7) Add the escarole and simmer for another 20 minutes until tender. In a bowl, whisk the eggs with about 1/2 cup of the hot broth. Slowly pour the egg mixture into the soup while stirring.

8) Let cook for another 10 minutes, then serve with plenty of grated Parmesan.