

Italian Wedding Soup

This is a long favorite of Nana's, probably because of the flavor profile and the ability to sneak in vegetables that most of us will still eat. While researching and trying to find if her recipe counted as a wedding soup, she discovered that the name came from the fact that this recipe is known to bring all the flavors together like a happy marriage, thus the name.

Ingredients

2 tablespoons olive oil
1 cup onions, chopped
2 cups carrots, diced
6 cups chicken broth
2 cups beef broth
2 cups water
1 bay leaf
1 teaspoon ground celery seed
salt to taste
½ teaspoon black pepper
1 teaspoon oregano
1 teaspoon basil
2 pounds of meatballs
2 cups of ditalini pasta
8 ounces of fresh spinach, wilted
Parmesan cheese for serving



Instructions

- ❖ Sauté onions and carrots in oil in a large stock pot over medium heat until soft.
- ❖ Add broth, water, and spices to the onions and carrots, and stir.
- ❖ Add meatballs then simmer for about 15-20 minutes while the flavors unite . . . or marry.
- ❖ While your soup is simmering, cook your ditalini, or any small pasta, al dente and keep it warm for serving.
- ❖ When serving, place ½ cup of pasta and ½ cup of spinach in each soup bowl, then pour your soup into each bowl making sure to evenly distribute the meatballs.
- ❖ Sprinkle a touch of Parmesan onto each soup bowl for a final touch.

Nana serves the pasta and spinach separately, because she doesn't want them to overcook sitting in the soup.


Nana's Kitchen
Made With Love and Purpose