

# *Idiot's Kitchen Recipe – Italian Wedding Soup*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Ina Garten



## Ingredients:

1 pound Ground White Meat Chicken  
½ pound Italian Sausage – 2 links  
2 Slices White Bread = 2/3 cup fresh bread crumbs  
½ cup Grated Pecorino Romano cheese  
1 egg – lightly beaten  
3 Tablespoons Milk  
2 Cloves Garlic – finely chopped  
2-3 Tablespoons Fresh Parsley – finely chopped  
2-3 Tablespoons Olive Oil  
1 large Onion – Chopped  
4-5 Carrots – Chopped  
3-4 Ribs Celery – Chopped  
8 Cups Chicken Stock  
½ cup Pastina – Tiny pasta such as stars or beads  
16 ounces (or more) Fresh Spinach – chopped  
Salt & Pepper

For the meatballs, combine the sausage (remove casings), ground chicken, fresh breadcrumbs (made in food processor or blender from 2 slices of white bread with the crusts removed) and grated Pecorino Cheese in a bowl. Add 1 lightly beaten egg, 3 Tablespoons of milk, 2 minced cloves of garlic and 2-3 Tablespoons of finely chopped parsley to the meat. Mix everything together with clean hands until all of the ingredients are incorporated evenly.

Using a small spoon, scoop out a small portion of meat and form it into meatballs about the size of big gumballs. The meat mixture is very wet so the meatballs may look a bit like little blobs. Place the meatballs on foil lined baking sheets that have been sprayed with non-stick cooking spray. Bake in a 350 degree oven for 30-40 minutes until golden brown.

While the meatballs cook, chop up the onion, carrots and celery. Heat 2-3 Tablespoons of olive oil in a large pot and gently sauté the vegetables until tender but not browned. Add 2 quarts (8 cups) of chicken stock and bring to a boil over high heat. Reduce the heat to low and simmer the soup for 30 minutes.

After the meatballs have cooked and been removed from the oven and the soup has cooked for 30 minutes, add ½ cup of small shaped pasta to the soup. Season with salt and pepper and cook for 10 minutes.

Add 1 to 1 ½ bags (16 ounce) of chopped fresh spinach to the soup. Once the spinach wilts down, add the meatballs to the pot to re-warm.

Serve with a garnish of grated Romano cheese.