

Italian Wedding Soup

A Young Chefs® Academy Recipe

Ingredients	Equipment
<p>For the meatballs: 3/4 lb. ground chicken 1/2 lb. chicken sausage, casings removed 2/3 cup bread crumbs 2 tsp garlic (2 cloves), minced 3 Tbsp. parsley, chopped 1/2 cup parmesan cheese, grated 3 Tbsp. milk 1 egg, lightly beaten 1 tsp salt 1/2 tsp black pepper, to taste</p> <p>For the soup: 2 Tbsp. olive oil 1 medium yellow onion, diced 3 carrots, cut into 1/4 inch pieces 2 stalks of celery, cut into 1/4 inch pieces</p> <p>10 cups chicken stock 1 Tbsp. red wine vinegar</p> <p>1 cup small pasta 1/4 cup minced fresh dill or 1 Tbsp. dried dill</p> <p>12 ounces baby spinach, washed and trimmed</p>	<p>Large soup pot or Dutch oven Measuring cups/spoons Knife Cutting board Scoop Sheet pan lined with parchment</p>

Let's Get Cooking!

1. Preheat the oven to 350°F.
2. **For the meatballs**, place the ground chicken, sausage, bread crumbs, garlic, parsley, Parmesan, milk, egg, salt, and pepper in a bowl and combine gently with your hands. With a small scoop, drop 1 to 1 1/4-inch meatballs onto a sheet pan lined with parchment paper. (You should have about 40 meatballs.)
3. Bake for 30 minutes, until cooked through and lightly browned. Set aside.
4. **For the soup**, heat the olive oil over medium-low heat in a large heavy-bottomed soup pot. Add the onion, carrots, and celery and sauté until softened, 5 to 6 minutes, stirring occasionally.
5. Add the chicken stock and vinegar and bring to a boil.
6. Add the pasta to the simmering broth and cook for 6 to 8 minutes, until the pasta is tender.
7. Add the dill and then the meatballs to the soup and simmer for 1 minute. Taste for salt and pepper.
8. Stir in the fresh spinach and cook for 1 minute, until the spinach is just wilted.
9. Ladle into soup bowls and sprinkle each serving with extra grated Parmesan cheese.

Yield: about 8 servings

