

YOUNG CHEFS® ACADEMY

CORPORATE TEST KITCHEN

Italian Wedding Soup

A Young Chefs® Academy Recipe

Ingredients	Equipment
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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

Large soup pot or Dutch oven

Measuring cups/spoons
Knife
Cutting board
Scoop
Sheet pan lined with parchment

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

10 cups chicken stock
1 Tbsp. red wine vinegar

1 cup small pasta
1/4 cup minced fresh dill or 1 Tbsp. dried dill

12 ounces baby spinach, washed and trimmed

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

