



Simple Wedding Soup with Chicken Meatballs

Ingredients

Simple Chicken Sausage Meatballs:

- 1 lb. Italian chicken sausage
- 1/2 cup Italian seasoned breadcrumbs (use gluten-free if needed)
- 2 Tbsp olive oil
- 1 clove of garlic, grated
- 1/4 tsp salt

Soup:

- 1 small-medium yellow onion, chopped
- 6 garlic cloves, smashed and peeled
- 1 Parmesan rind (at least a couple inches of rind)
- 1/2 cup white wine (the remaining wine will pair well with dinner)
- 8 cups low sodium chicken broth
- 1 & 3/4 cups dry small pasta (we like Orecchiette, but any small pasta will work. Use gluten-free if needed. Check the label to make sure it is egg-free if needed.)
- 3 big handfuls of fresh baby spinach

Garnish:

- Parmesan, grated

Directions

1. Prep the ingredients. Chop 1 small-medium yellow onion and smash, then peel 6 garlic cloves for the soup broth, set aside. To smash a garlic clove, simply hold a knife on the flat side over the clove and give it a good smash. After you smash it, peeling will be a breeze. Peel and grate 1 garlic clove using a microplane, this one will go in the meatballs. Chop off at least a 2-inch piece of the Parmesan rind from the block of Parmesan.

2. In a medium sized mixing bowl, add all of the above meatball ingredients: 1 lb. Italian chicken sausage (removed from casings if needed); 1/2 cup Italian seasoned breadcrumbs (use gluten-free if needed); 2 Tbsp olive oil; 1 grated garlic clove; 1/4 tsp salt. Use your hands to combine. Using a medium sized cookie scoop, portion the meat and roll into about 1.5" meatballs with your hands. Set aside on a plate. Should make about 17 meatballs.



3. Heat 2 Tbsp of olive oil in a Dutch oven or medium stock pot. Add the meatballs one by one, making sure they don't touch each other, and brown on the first side for about 3-4 minutes. Carefully turn each meatball using tongs (you can tell they are ready to flip when you can lift them easily and they don't stick to the pot) and then brown on the other side for another 3-4 minutes. You want them to be a nice golden-brown color. It is not necessary to cook the meatballs all the way through at this stage, they will continue cooking in the broth. Carefully remove the meatballs from the pot and set aside on a plate.
4. Add the chopped onion and smashed garlic to the pot and cook, stirring occasionally for 6-8 minutes until tender. You can add a little more oil to the pot if needed.
5. Pour in 1/2 cup of white wine to degalze the pot and stir, scraping up any browned bits from the bottom of the pan.
6. Add 8 cups of chicken broth and the Parmesan rind then bring to a simmer.
7. Once the broth is simmering (bubbling gently), add the browned meatballs back to the pot and simmer for a few minutes stirring to make sure they don't stick together.
8. Add the pasta and simmer for 20-30 minutes, until pasta and meatballs are cooked, stirring occasionally. When using Orecchiette, I like to sprinkle the pasta in by hand, so the "ears" don't stick together.
9. Remove the Parmesan rind and discard. Add 3 big handfuls of spinach and stir until wilted, this won't take long at all.
10. Serve with grated Parmesan.