



SIMPLE, FRESH FARM BOX MEALS

NOV 14, 2022

Simple recipes so we can eat well & support local agriculture

Italian Wedding Soup with Escarole

YOU'LL NEED

Meatballs

- 8 oz lean ground beef
- 8 oz ground pork
- 2 garlic cloves - minced
- ½ C hearty bread crumbs
- ¼ C Italian parsley - chopped
- 1 ½ tsp fresh oregano - minced
- ½ C shredded Parmesan cheese - fine shred
- 1 large egg
- Salt & fresh ground black pepper
- 1 tbs olive oil

Soup

- 1 tbs olive oil
- 1 ¼ C carrots - ¼ in. dice
- 1 ¼ C yellow onion - diced
- ¾ C celery - ¼ in. dice
- 4 cloves garlic - minced
- 2 ¼ quarts chicken broth - OR homemade
- 1 C acini de pepe pasta - OR orzo
- 1 big bunch escarole - chopped - OR greens of your choice
- Finely shredded parmesan cheese for serving

ALL YOU HAVE TO DO

- Add beef & pork to large mixing bowl. Add in bread crumbs, parsley, oregano, parmesan, egg, 1tsp salt, & ¼ tsp pepper. Gently toss & break up mixture to evenly distribute. Shape mixture into small meatballs, about ¾ inch to 1 inch & transfer to a large plate.
- Heat 1 tbs olive oil in a large skillet over med/high heat. Add half of the meatballs & cook until browned - turn occasionally to brown all sides (about 4 minutes total).
- Transfer meatballs to a plate lined with paper towels while leaving oil on the skillet. Repeat the same process with remaining meatballs (note that the meatballs won't be cooked through at this point they will finish cooking in the soup)
- While meatballs are browning, heat 1 tbs olive oil in a large pot over med/high heat. Add carrots, onions, & celery. Sauté until veggies have softened, about 6-8 minutes, then add garlic & sauté 1 minute longer.
- Pour in chicken broth, season soup with salt & pepper to taste & bring mixture to a boil, then add in pasta & meatballs, reduce heat to simmer. Cover & cook stirring occasionally until pasta is tender & meatballs have cooked through (about 10 minutes). Add in Escarole or other leafy greens during the last minute of cooking.
- Serve warm & garnish with fresh parmesan cheese.

CHEF TIP: While soup is boiling add cheese rind from parmesan or pecorino with some cheese still attached to the broth for added flavor & richness.



Thank you for supporting local!