

Traditional Italian Wedding Soup

Serves

8

Ingredients

Meatballs

1-small onion, grated
1/3 cups chopped fresh Italian flat leaf parsley
1 large egg
2 tsp minced garlic
1 tsp salt
1 slice fresh white bread, crust trimmed, bread torn into small pieces
1/2 cup fresh grated Parmesan-Reggiano cheese
8 ounces ground beef
8 ounces ground pork
Freshly ground black pepper

Soup

12 cups low-sodium chicken broth, (my preference is to use 3-32 Fl. OZ Organic Chicken Broth fresh or in cartons)
1 pound curly endive, coarsely chopped, (1 pound of escarole would be a good substitution)
1 pd box of Orzo pasta
2 large eggs
4 tablespoons freshly grated Parmesan cheese, plus extra for garnish
Kosher Salt and Fresh ground black pepper

Preparation Instructions

To make the meatballs, stir the first 6 ingredients in a large bowl and blend. Stir in the cheese, beef and pork. Using 1 1/2 teaspoons for each, shape the meatballs into 1-inch diameter .Place on baking sheet.

For the soup, bring the chicken broth to a boil in a large pot over medium-high heat. Add the meatballs and curly endive or escarole, and simmer until the meatballs are cooked through and the curly endive is tender, about 8 minutes. Whisk the eggs and cheese in a medium bowl to blend. Stir the soup in a circular motion. Gradually drizzle the egg mixture into the moving broth, stirring gently with a fork to form thin strands of egg, about 1 minute. Season the soup with salt and pepper.

Make Orzo pasta in separate pot al-dente. Add some to each bowl. After soup is cooked, ladle into bowls, stir and serve. Sprinkle some more parmesan cheese over the top.