

Italian Meatball Soup

Ingredients

Meatballs:

¾ pounds Ground Beef
½ cups Freshly Grated Parmesan Cheese
3 Tablespoons Fresh Parsley, Minced
1 whole Egg
2 cloves Garlic
½ teaspoons Salt
½ teaspoons Black Pepper
¼ teaspoons Ground Oregano
2 teaspoons Lemon Juice

Soup:

3 Tablespoons Olive Oil
7 cups Low Sodium Beef Stock
2 cups Water
½ teaspoons Salt
2 Tablespoons Tomato Paste
¾ cups Onion, Chopped
¾ cups Carrots, Chopped
¾ cups Celery, Chopped
1 cup Russet Potato, Chopped (do Not Peel) ½ pounds Cabbage Chopped
Grated Parmesan Cheese To Serve



TIED IN A CHEESECLOTH BUNDLE

4 Tablespoons Fresh Parsley, Minced
2 whole Bay Leaves
1 teaspoon Peppercorns

Preparation Instructions

To make meatballs, combine all meatball ingredients and mix well. Shape into small balls and chill for 30 minutes.

Gather 4 tablespoons parsley, bay leaves, and peppercorns in a cheesecloth bundle. Tie to secure.

After chilling, heat olive oil over medium-low heat in a heavy pot. Briefly brown meatballs, then remove to a plate. To pot, add beef stock, water, salt, tomato paste, and herb bag. Bring to a boil, then simmer 30 minutes.

Add onion, carrots, celery, and potatoes. Simmer 15 more minutes. Remove herb bag.

Add cabbage and meatballs. Bring to a boil, then simmer 8 to 10 minutes.

Serve with plenty of freshly grated Parmesan cheese sprinkled over the top.