



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

MAY 2022  
Recipe 156

For more recipe ideas, please visit:  
WWW.GCFARMS.COM/RECIPES.HTML

# Italian Wedding Soup with Leafy Greens

## PREPARATION

### For the Meatballs

1 - Preheat oven to 400 degrees F and line two large baking sheets with parchment paper. Set aside.

2 - Transfer all ingredients for the meatballs to a large mixing bowl. Use your hands to thoroughly combine all ingredients for the meatballs together. Using approximately 1 tablespoon of the mixture for each meatball, shape the meat mixture into 1-inch diameter meatballs and transfer to the prepared baking sheets.

3 - Bake for approximately 20 minutes, or until tops are golden and meatballs are just cooked through. Set aside.

### For the Soup

4 - As the meatballs are cooking, begin preparing the soup. Heat the butter and olive oil in a large pot or Dutch oven over medium-high heat. Add the onion and cook for approximately 3-4 minutes, or until soft and translucent. Mix in the carrots and celery and continue to cook for 6-8 minutes, stirring often. Add the garlic and salt and sauté for an additional 1 minute, stirring continuously to prevent the garlic from burning.

5 - Add the chicken stock and the wine to the vegetables and bring to a boil. Reduce to a simmer and add the acini di pepe pasta to the soup. Stir well to combine. Allow the pasta to cook for approximately 5-6 minutes, stirring often.

6 - Add the cooked meatballs to the pot and return to a simmer. Stir in the fresh greens (endive, escarole or spinach) and allow soup to cook until greens are wilted.

7 - Serve soup garnished with Parmesan cheese if desired.



**Cook's Note:**  
The name "wedding soup" comes from the Italian phrase "minestra maritata" or "married soup," which is a reference to the way the flavors combine. It is a delicious and hearty soup made with bite size herbed beef and pork meatballs and dark leafy greens.

Bon Appétit  
-George

Italian Wedding Soup  
with Spring Vegetables

(photo by Marc-Henri)

## INGREDIENTS

### For the Meatballs

- 1 large onion, grated
- 1 cup fresh parsley, chopped
- 2 large eggs
- 6 cloves garlic, minced
- 2 thick slices fresh white bread, crust removed, bread torn into tiny pieces
- 1 cup Parmesan cheese, grated
- 1 pound ground turkey
- 1 pound lean ground beef
- 2 teaspoon salt
- 1 teaspoon fresh ground black pepper

### For the Soup

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 large yellow onion, minced
- 4 large carrots, peeled and chopped
- 5 stalks celery, chopped
- 5 cloves garlic, minced
- 1 teaspoon salt
- 12 cups low-sodium chicken stock
- 1/2 cup dry white wine (optional)
- 8 ounces acini di pepe pasta
- 1.5 pounds endive, escarole or spinach (or a mix)
- Parmesan cheese (for serving)

**COOK'S NOTE:**

The name "wedding soup" comes from the Italian phrase "minestra maritata" or "married soup," which is a reference to the way the flavors combine. It is a delicious and hearty soup made with bite size herbed beef and pork meatballs and dark leafy greens.

Bon Appétit!  
-George