

Tiny Meatball Soup with Spinach

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This is like the Italian version of chicken noodles soup. It has tender meatballs in a delicious chicken and tomato broth plus tiny pieces of spaghetti to finish it off. Serves 6.

Ingredients:

Soup:

1/2 8 ounce bag baby spinach leaves, about 4 cups
1 cup chopped carrots
1 can diced tomatoes, drained
12 cups chicken stock, preferably homemade
4 ounces spaghetti broken into bite-size pieces
Parmesan cheese, for garnish

Meatballs:

1/2 pound ground beef
1/2 cup bread crumbs
1/2 cup Parmesan cheese
1/4 cup minced onion
1 egg
1/2 teaspoon salt

Directions:

1. To start the soup combine the spinach, carrots, tomatoes, and stock in a large sauce pot and bring to a boil. Turn down to a simmer and cook until the carrot is tender, about 20 minutes.
- 2, Meanwhile make the meatballs. In a large bowl combine the beef, bread crumbs, cheese, onion, egg, and salt.
3. Form the meat into tiny balls about 1/2 inch in diameter.
4. After all the balls are formed stir the noodles into the soup and let return to a simmer.
5. Drop the meatballs one at a time into the soup and continue to cook over low heat until the noodles and the meatballs are cooked through, about 20 minutes.
6. Taste and season with salt and pepper. Serve hot topped with Parmesan cheese.

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