

Italian Wedding Soup



Prep:

15 mins

Total:

1 hour

Makes:

18 servings

Utensil:

Saladmaster Food Processor

16 Qt./15.1 L Roaster with Cover

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Recipe:

Contributed By:

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Recipe Description:

Fun fact: The month of June derives its name from Juno, the Roman goddess of marriage. Maybe that's why June is the most popular month of the year for weddings. Italian Wedding Soup has become a staple in the Italian culture for weddings, but who says you have to be at a wedding to enjoy this delicious soup? Make it today in your Saladmaster 16 Qt. Roaster and enjoy it for any occasion.

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Meatballs
 2 lb
 ground beef, lean
 (908
 kg)
 $\frac{1}{2}$ cup
 milk, whole
 (118
 ml)
 1 cup
 Parmesan cheese, shredded, use Cone #1
 (125
 g)
 $\frac{1}{2}$ cup
 parsley, fresh, chopped
 (12
 g)
 2 large
 eggs, whole
 salt & pepper to taste (optional)

Italian Wedding Soup

2
 carrots, shredded, use Cone 1
 #1 4
 large white onion, strung, use Cone 2
 #2 128
 cups spinach leaves, fresh (120 g)
 cups acini de pepe (400 g)
 pasta
 oz chicken broth, low sodium (4000 ml)
 salt & pepper to taste
 (optional)
 Parmesan cheese, shredded, use Cone #1
 parsley, fresh,
 chopped

Garnish

Directions:

1. Heat roaster over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add onion, garlic and carrots to the roaster and cover. Cook for 5 mins or until onions are translucent.
3. In a large bowl, add all of the ingredients for the meatballs and combine. Form 1 inch meatballs, or smaller, depending on your preference.
4. Add meatballs to roaster and cover with chicken broth and cover. When Vapo-Valve™ begins to click turn heat down to low and cook for 30 minutes or until meatballs have cooked through.
5. Add spinach and pasta and cover. Cook for an additional 10 mins or until pasta is fully cooked.
6. Serve hot. Garnish with fresh parsley and Parmesan cheese if desired.

Nutritional Information per

▼ Serving

Calories: 130
Total Fat: 7g
Saturated Fat: 2g
Cholesterol: 20mg
Sodium: 820mg
Total 12g
Carbs:
Dietary Fiber: 1g
Sugar: 2g
Protein: 5g