

## 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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### 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) <sup>1</sup>?<sub>2</sub>

cup  
milk, whole  
(118  
ml)  
1

cup  
Parmesan cheese, shredded, use Cone #1  
(125  
g) <sup>1</sup>?<sub>2</sub>

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

### **Garnish**

Parmesan cheese, shredded, use Cone #1  
parsley, fresh, chopped

## 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 Carbs:**

12g

**Dietary Fiber:**

1g

**Sugar:**

2g

**Protein:**

5g