

Mini Meatball Soup

Soup base:

1 Tbs. olive oil
2 large carrots, peeled and chopped
2 celery stalks, peeled and chopped
One large onion, peeled and chopped
12 cups chicken stock – (homemade, or half water and half purchased broth so it won't be too salty)

Put the olive oil in a large stock pot. Add the carrots, celery and onion and sauté until the vegetables begin to soften. Add stock and simmer until vegetables are tender—about 20 minutes.

While the soup base is simmering, make the meatballs:

Meatballs:

½ pound ground veal
½ cup plain bread crumbs
½ cup grated parmesan cheese
¼ cup finely minced onion
1 egg
½ tsp. salt
Freshly ground pepper to taste

Combine meatball ingredients in a medium bowl. Form into tiny balls—about ¾ inch in diameter.

To finish the soup:

4 ounces of small pasta shapes or spaghetti broken into small pieces
A large handful of chopped parsley

Add the meatballs and the pasta to the soup base and simmer until meatballs are cooked and pasta is tender—about 20 minutes. Stir in the parsley and serve.