

Italian Wedding Soup

**Prep:**

15 mins

Total:

1 hour

Sirve:

18 servings

Pieza:

Saladmaster Food Processor
16 Qt./15.1 L Roaster with Cover

Valora: ☆☆☆☆☆

Contribuido por:

Diana Valenciano

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Descripción de la Receta:

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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2 lb
ground beef, lean
(908
kg)
½ cup
milk, whole
(118
ml)
1 cup
Parmesan cheese, shredded, use Cone #1
(125
g)
½ 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) **Garnish**
pasta

oz chicken broth, low sodium (4000 ml)
salt & pepper to taste (optional)
Parmesan cheese, shredded, use Cone #1
parsley, fresh, chopped

Preparación :

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.

Información nutricional por ración

Calorías: 130
Grasa Total: 7g
Grasa Saturada: 2g
Colesterol: 20mg
Sodio: 820mg
Carbohidratos: 12g
Fibra Dietética: 1g
Azúcar: 2g
Proteína: 5g