



Serves:	4-6 people
Preparation:	40 minutes
Cooking time:	1.0 hours
Level:	Even I can do this

# SAMANTHA'S ITALIAN WEDDING SOUP

## Meatballs & soup: delicious & kid-friendly

*This was donated by Samantha Russel when we were collecting recipes for the cooking classes that Table run for young Mums at Glen Mervyn refuge.*

### Ingredients

- 12-16 Feather and Bone small meatballs
- 2 tablespoons Karrabool EV olive oil
- 1 cup onions diced
- 1 cup carrots, peeled and diced
- 1 cup celery, diced
- 4-5 sprigs Fresh thyme
- 1/2 cup white wine
- 8 cups Feather and Bone chicken stock
- 1 cup small pasta
- 1 bunch cavalo nero, washed and trimmed (or silverbeet, spinach or cabbage or whatever similar you've got in the fridge that needs using up)
- Salt and pepper to taste

### Method

- Preheat oven to 180°. Line a sheet with foil or parchment and lightly oil.
- Lay the meatballs on the parchment and bake for 15-20 minutes until they're almost cooked through. They'll finish cooking in the soup.
- While the meatballs are in the oven, start on the soup. In a large soup pot on medium heat, heat olive oil and add onions, carrots and celery, and sweat until vegetables are glossy and onions are tender. Add thyme and white wine; simmer until the wine is reduced by half.
- Add chicken stock and bring to a full simmer.
- Add pasta and simmer until al dente, about 8 minutes.
- Add meatballs; stir in cavolo nero in batches, letting it wilt into the soup.

