



Soylicious™ Italian Wedding Soup

Prep Time: 1 hour

Serves: 6

Ingredients

Meatballs

- ½ cup minced sweet yellow onion
- ¼ cup finely chopped fresh Parsley
- 1 large egg, beaten
- 1 ¼ teaspoons of garlic
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¾ cup of Italian bread crumbs
- ½ cup of grated Parmesan cheese
- 1 pound of Italian Turkey Sausage

Soup

- 3 ½ quarts of chicken broth (from scratch is the best! Low sodium is purchased)
- 4 cups of fresh spinach or chard
- 2 cups of cooked yellow soybeans
- 2 large eggs
- 2 Tablespoons of freshly grated Parmigiano-Reggiano
- Salt and Pepper

Garnish

- Freshly grated Parmigiano-Reggiano
- Chopped parsley
- Chopped green onions

DIRECTIONS

Getting Ready: Sou Chefs Rule!

1. Make or purchase your chicken broth. If you are cooking your broth from scratch, be sure to throw in a little celery, onion, garlic, parsley, cumin, and pepper. You might want to do this the day before, or better yet pull some out of the freezer that you made ahead of time.
2. Put some good music on and wash and chop your onion, garlic, and parsley.
3. Beat your egg.
4. Preheat oven to 350 degrees for the meatball.

STEP 1: Make your Meatballs! The big question is, do you blend your meat mixture with a fork or your hands? It is your decision. Just make sure your hands are clean either way.

- In a large bowl combine all of your ingredients. To create a tender meatball, do not overmix!
- When blended well, roll together small meatballs that are about the size of a walnut.
- Spray a baking sheet with a vegetable oil and place the meatballs about ½ inch apart on the tray.
- Bake meatballs for 15 minutes at 350 degrees, flip the meatballs, then bake for 10-15 more minutes. Remove from the oven.

STEP 2: While your meatballs are cooking, cook your broth on medium high heat on the stove and bring to a boil.

- Add chard or spinach and **reduce heat to simmer.**
- When meatballs are finished baking, add to broth.

STEP 3: Whisk your eggs and cheese together.

- Turn off the heat on the stove and remove the soup pot from the burner.
- Stir the soup in one direction and drizzle in the egg mixture.
- Taste and season with salt and pepper.

Serve 3-4 meatballs per bowl. GARNISH with freshly grated parmesan cheese, chopped parsley, and green onions.

Serve with crusty bread!

ENJOY!

Nutrition per serving.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 432 g		Total Fat 18.1g	28%	Total Carbohydrates 16g	5%
1 serving (15.2 oz)		Saturated 6g	30%	Dietary Fiber 5g	20%
Calories 339		Trans Fat 0.1g		Sugars 6g	
From fat 159		Cholesterol 137mg	46%	Protein 30g	60%
		Sodium 1936mg	81%		
		Calcium 24% • Iron 65%		Vitamin A 49% • Vitamin C 56%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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