

Sicilian Meatball Soup (for 4)

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Italian

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Prep Time: 20 minutes

Cooking Time: 30 minutes

INGREDIENTS:

1/2 lb ground beef	5 TBS fresh parsley, chopped
2 TBS raisins	2 TBS dry bread crumbs
1 egg, beaten	5 garlic cloves, minced
1/2 tsp fresh ground black pepper	2 1/2 tsps salt
2 carrots (cut into 1/4" cubes)	2 TBS olive oil
2 ribs celery (cut into 1/4" cubes)	1 onion, chopped
1 zucchini, (cut into 1/4" cubes)	1 1/2 qts canned (low sodium) ch broth
1 C canned crushed tomatoes in thick purée	
1/2 tsp dried rosemary, or 2 tsp chopped fresh rosemary	
1 C small pasta shells or other small macaroni	
1/4 C grated parmesan cheese - plus more for serving	

DIRECTIONS:

In medium bowl, mix together ground beef, 4 TBS of the parsley, the Parmesan, raisins, bread crumbs, egg, 1/2 the garlic, 1/2 tsp salt & 1/4 tsp pepper till thoroughly combined. Shape mixture into 24 meatballs. In large pot, heat oil over moderate heat. Add carrots, onion, celery & remaining garlic - cook, stirring occasionally, till vegetables start to soften (about 5 minutes).

Add zucchini & cook, stirring occasionally (5 minutes) Stir in broth, tomatoes, rosemary & remaining 2 tsp salt. Bring to boil. Reduce heat & simmer 10 minutes, partially covered. Add remaining TBS parsley, 1/4 tsp pepper & pasta to soup. Simmer 5 minutes. Stir in meatballs & simmer gently till meatballs & pasta are done (about 5 more minutes). Serve with additional Parmesan.