



# Italian Wedding Lasagna Soup

Makes: 8 servings

Prep Time: 10 minutes Cook Time: 1 hour & 10 minutes

Total Time: 1 hour & 20 minutes

## Ingredients

### Meatballs:

- 8 ounces ground beef (preferably 80/20)
- 8 ounces bulk sweet Italian pork sausage
- 1 small yellow onion, finely grates on smallest holes of a box grater (1/3 cup)
- 1 ounce Parmesan cheese, finely grated (about 1/4 cup)
- 1 large egg, beaten
- 1 large garlic clove, grated
- 1/2 cup Italian-seasoned breadcrumbs
- 1 & 1/2 tsp dried basil
- 1 tsp fennel seeds, lightly crushed
- 1 tsp kosher salt
- 1/2 tsp black pepper

### Soup:

- 3 tbsp extra-virgin olive oil
- 1 medium yellow onion, chopped (about 1 cup)
- 1 large carrot, peeled and chopped (about 1 cup)
- 1 celery stalk, chopped (about 1/2 cup)
- 1 tbsp dried Italian seasoning
- 1/2 cup dry white wine
- 6 cups low-sodium chicken broth
- 1 tsp kosher salt
- 4 ounces uncooked lasagna noodles broken into 2-inch pieces (about 3 cups)
- 4 cups baby spinach (5 ounces)
- 1/3 cup finely grated Parmesan Cheese , plus more for garnish
- 1/2 cup heavy cream
- Shredded mozzarella cheese and chopped fresh basil for serving

## Instructions

### Prepare Meatballs:

Using your hands, gently stir together ground beef, sausage, onion, Parmesan cheese, egg, garlic, breadcrumbs, dried basil, fennel seeds, salt and pepper in a large bowl, being careful not to overwork. Divide mixture into about 24 (1-ounce) portions and roll into 1-inch balls. Place in an even layer on a baking sheet; set aside. You can also make mini meatballs half the size.

### Prepare the Soup:

Heat oil in a large Dutch oven over medium-high heat. Working in 2 batches, add half of the meatballs in an even layer. Cook, turning as needed, until lightly browned on all side, about 4 minutes per batch. Transfer to a baking sheet using a slotted spoon.

Add onion, carrot, and celery to remaining oil in the Dutch oven; cook over medium-high heat, stirring occasionally until softened and beginning to brown, 5 to 8 minutes. Add Italian seasoning and cook, stirring constantly, until fragrant, about 30 seconds.

Add white wine and cook, using a wooden spoon to scrape browned bits from bottom of Dutch oven, until reduced slightly, about 1 minute. Stir in broth and salt. Bring to a boil, stirring occasionally. Reduce heat to medium, and stir in broken lasagna noodles and seared meatballs. Cook, stirring occasionally, until noodles are tender and meatballs register 160°F, about 15 minutes.

Stir in spinach, Parmesan cheese and cream. Cook, stirring constantly, until spinach is wilted, about 1 minute. Ladle into bowls and garnish with mozzarella cheese, basil and additional Parmesan cheese.

*Recipe from Yvette Sfire*