

California Italian Wedding Soup



Ingredients:

- 1/2 pound extra-lean ground beef
- 1 egg, lightly beaten
- 2 tablespoons Italian-seasoned breadcrumbs
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons shredded fresh basil leaves
- 1 tablespoon chopped Italian flat leaf parsley (Optional)
- 2 green onions, sliced (Optional)
- 5 3/4 cups chicken broth
- 2 cups finely sliced escarole (spinach may be substituted)
- 1/2 cup carrots, peeled and thinly sliced
- 1 lemon, zested
- 1/2 cup orzo (rice-shaped pasta), uncooked
- Grated Parmesan cheese for topping

Directions:

1. Mix together the meat, egg, breadcrumbs, cheese, basil, parsley, and green onions; shape into 3/4 inch balls.
2. Pour broth into a Dutch oven over high heat. When boiling, drop in meatballs. Stir in escarole, lemon zest and orzo. Return to a boil; reduce heat to medium. Cook at a slow boil for 10 minutes or until orzo is tender, stirring frequently.
3. Serve sprinkled with cheese.

Makes 6 servings

Adapted from Allrecipes.com



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