



early childhood community development centre

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# Meatball Alphabet Soup

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*Ingredients - Serves 6*

*For the meatballs:*

- ½ cup dried bread crumbs
- ½ cup Parmesan cheese
- 2 Tablespoons onion, minced
- 1 garlic clove, minced
- 2 Tablespoons fresh parsley, minced
- 2 teaspoons dried basil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 large egg, lightly beaten
- 1 pound ground beef

*For the soup:*

- 2 Tablespoons olive oil
- 1 small onion, finely chopped
- 1 celery rib, finely chopped
- 1 clove garlic, minced
- 5 cups chicken stock
- 1 cup crushed canned tomatoes in puree
- ½ teaspoon salt
- pepper to taste
- 1/3 cup alphabet pasta, dry

*Directions*

1. First, make the meatballs. Combine the bread crumbs, cheese, onion, garlic, herbs, and spices in a large mixing bowl. Use a fork to mix in the egg, then add the ground beef, mixing well with your hands. Shape the mixture into 1-inch balls (you should get about 4 dozen).
2. Heat a skillet coated with cooking spray or a small amount of vegetable oil. Place the meatballs in the skillet and cook them over medium-low heat for 8 to 10 minutes, turning them often so they brown evenly, until the centers are only slightly pink. (If you have more meatballs than you want to use, freeze the extras after cooking and you'll have some to toss into your next pot of soup.)
3. For the soup, heat the oil in a large saucepan or medium soup pot. Add the onion, celery, and garlic. Partially cover the pan and cook the vegetables over moderate heat for 8 to 10 minutes, stirring occasionally. Add the chicken stock, crushed tomatoes, and spices. Bring the soup to a simmer over medium-low heat, then add the pasta.
4. Keep the soup at a gentle simmer until the pasta is almost cooked, then transfer the meatballs to the pot and simmer gently for 3 minutes more to finish cooking the meatballs.

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