

MINI MEATBALL SOUP WITH BROCCOLI & ORECCHIETTE

The little meatballs in this soup are just half-teaspoon bits of Italian sausage that needn't be rolled or browned before being plopped in. As the meatballs cook, the soup takes on the sausage's spices. This recipe is adaptable: It calls for carrots & broccoli, but use whatever vegetables you wish. For the pasta, the tiny meatballs fit snugly in orecchiette, but feel free to use your favorite shape.

Ingredients:

Kosher salt & black pepper

3 tbsps. extra-virgin olive oil

2 medium carrots, coarsely chopped

1 large head broccoli, stalks & branches peeled & coarsely chopped, head cut into small florets (can substitute other veggies like spinach or kale)

3 garlic cloves, coarsely chopped

2 qts. chicken broth

8 oz. orecchiette

1 lb. hot Italian sausage, casings removed

Freshly grated Parmesan, for serving

May this recipe
warm and
nourish
you.



Directions:

- Bring a medium saucepan of salted water to a boil.
- In a large Dutch oven / heavy pot, heat the oil.
- Add the carrots, broccoli stems & garlic, season with salt & pepper. Cook, stirring occasionally to keep the garlic from scorching, until softened, 3 to 5 min.
- Add the chicken broth & bring to a boil, then reduce heat & simmer until the broth is flavorful, 5 to 7 minutes
- Taste & season with salt & pepper as it simmers.
- Once the broth begins to simmer, add the pasta to the boiling water & cook until al dente.
- Drain the pasta & divide it among bowls.

- While the pasta cooks & the broth simmers, use a 1/2 teaspoon measuring spoon to scoop little sausage meatballs and plop them into the broth. (You can also pinch 1/2-inch pieces of the sausage and roll them between your hands.)
- Return to a boil, add the broccoli florets, then reduce heat & simmer, stirring gently and occasionally, until the sausage is cooked through & the florets are bright green, 5 to 7 minutes.
- Season to taste with salt & pepper.
- Spoon the soup over the orecchiette.
- Finish with Parmesan.

*From 2022 Soup & Hope Speaker, Alan Mathios.
(Originally from Ali Slagle, The New York Times Recipes)*