

WEDDING SOUP RECIPE

Cooking Time

- **Preparation Time:** 30 minutes
- **Cooking Time:** 2 hours 30 minutes
- **Total Time:** 3 hours
- **Servings:** 6-8 people
- **Difficulty:** Medium

Ingredients

For the Broth

- 2.2 lbs (1 kg) mixed meat (e.g., beef chuck, pork shoulder, and chicken)
- 1 marrow bone
- 1 onion, peeled and halved
- 1 carrot, peeled and chopped
- 1 celery stalk, chopped
- 8 cups (2 liters) water
- 2 tablespoons extra virgin olive oil
- Salt to taste

For the Meatballs

- 10.5 oz (300 g) ground beef or a mix of beef and pork
- 1 large egg
- ½ cup (50 g) breadcrumbs
- ½ cup (50 g) grated Parmigiano Reggiano cheese
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ¼ teaspoon black pepper

For the Vegetables

- 3 cups (300 g) chicory, washed and chopped
- 3 cups (300 g) escarole, washed and chopped
- 3 cups (300 g) borage, washed and chopped (optional)
- 2 cups (200 g) Savoy cabbage, chopped
- 1 cup (100 g) broccoli florets
- 1 cup (240 g) cooked or canned white beans (e.g., cannellini or Great Northern), rinsed and drained

Optional Pasta Addition

- ¾ cup (150 g) acini di pepe or other small pasta

Instructions

1. Prepare the Broth:

- In a large pot, combine the mixed meat, marrow bone, onion, carrot, celery, olive oil, and water. Bring to a boil over medium heat, then reduce to a simmer.
- Simmer uncovered for **2 hours**, occasionally skimming off any foam. Season with salt to taste.
- Strain the broth and set the meat aside. Discard the vegetables.

2. Blanch the Greens:

- While the broth is cooking, bring a separate pot of salted water to a boil.
- Blanch the chicory, escarole, borage, Savoy cabbage, and broccoli separately for **2-3 minutes** each, then drain and set aside.

3. Make the Meatballs:

- In a bowl, combine the ground meat, egg, breadcrumbs, Parmesan cheese, parsley, salt, and pepper.
- Mix well and roll into small meatballs (about **1 inch** in diameter).

4. Finish the Soup:

- Return the strained broth to the pot and bring to a gentle boil.
- Add the meatballs and cook for **15 minutes** until fully cooked.
- Stir in the blanched vegetables and **white beans**, allowing them to heat through.
- If using **acini di pepe**, add it during the last **10 minutes** of cooking and simmer until the pasta is tender.

5. Serve:

- Ladle the hot soup into bowls and garnish with extra Parmigiano Reggiano cheese if desired. Enjoy with crusty bread for a complete meal.