

Italian Wedding Soup

For the un-initiated, Italian wedding soup is named for the “marriage” of flavorful chicken broth, tender carrots, fresh spinach, al dente pasta and, most important, delectable meatballs. This gem is on the table in just 30 minutes and perfect for a chilly winter night.

30 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Sauce Pan with a Cover

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Italian Meatballs
Broth Starter
Orzo Pasta
Spinach
Pecorino Cheese

Make the Meal Your Own

Soup is always just as good warmed up the next day so make sure to order enough for leftovers to help with an easy lunch too.

Good to Know

We're sending you the meatballs pre-shaped for a fuss-free dinner.

Health snapshot per serving – 240 Calories, 12g Protein, 7g Fat, 7 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Italian Meatballs, Orzo, Spinach, Pecorino Cheese, Carrot, Onion, Parsnip, Tomato, Garlic, Oregano, Basil, Thyme, Black Pepper, Chicken broth.

meez meals

1. Cook the Meatballs

Heat a large saucepan over medium-high heat. When the pan is hot, add the **Italian Meatballs** and sauté until they begin to brown, about 2 minutes. Remove the meatballs from the pan and place on a paper-towel-lined plate.

2. Create the Soup

Without wiping out the saucepan, return it to medium-high heat. When it is hot, add ½ cup water and the **Broth Starter**. Cook until the carrots and parsnips are fragrant and slightly browned, about 6-7 minutes.

Add an additional 4 cups of water, turn heat up to high, cover, and bring to a boil. Add the **Orzo Pasta** and **Spinach**, replace the cover, and cook on a rapid boil for 4 minutes.

Reduce heat to medium and add the cooked Italian meatballs. Cover and simmer on a low boil until the pasta is al dente and the vegetables are soft, about 7 to 9 additional minutes.

3. Finish It Off

Ladle the soup into serving bowls and sprinkle with a generous helping of **Pecorino** cheese. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois