

# Chicken Meatball Soup

Serves 10

*This recipe makes a big batch of soup, but broth soups freeze well and I like having a homemade dinner at my fingertips. If looking to make this soup even heartier I suggest adding drained cannellini beans or noodles to the mix.*

## **For the meatballs (makes about 75 small meatballs):**

2 small yellow onions, finely chopped  
2 tablespoons olive oil  
4 garlic cloves, minced  
2 lbs ground chicken  
1 cup finely grated parmesan cheese  
1 cup Panko breadcrumbs  
1/3 cup drained and finely chopped sun-dried tomatoes in oil  
1 1/2 teaspoon kosher salt  
3/4 teaspoon freshly ground black pepper  
2 large eggs  
1/3 cup minced flat leaf parsley  
**Special equipment:** parchment paper

## **For the soup:**

1/4 cup olive oil  
1 1/2 yellow onions, finely chopped  
4 carrots, peeled and finely chopped  
3 celery stalks, trimmed and finely chopped  
5 garlic cloves, minced  
1 (15 1/2-ounce) can diced tomatoes with its juices  
1 cup dry vermouth or dry white wine  
12 cups homemade or less-sodium store-bought chicken stock  
4 cups sliced kale

Preheat the oven to 350°F and line two baking sheets with parchment paper.

To make the meatballs, heat the two tablespoons olive oil in a 12-inch skillet over medium high heat. Add the onion and cook for about five minutes or until soft and golden brown. Stir in the garlic cloves and cook until fragrant, about 30 seconds. Scrape the onions and garlic into a large mixing bowl and let cool.

Add the remaining meatball ingredients to the sautéed onion and garlic and use your hands to mix everything together until well-combined. Shape the meatballs into 1-inch rounds and place on the parchment lined baking sheets. You should end up with about 75 meatballs.

Bake the meatballs for 30 minutes. While the meatballs cook, prepare the soup as

***This recipe came from Minced blog ([www.mincedblogger.com](http://www.mincedblogger.com)).***

directed below.

In a very large heavy-bottomed pot or Dutch oven, heat the olive oil over medium high heat. Add the chopped onion, carrot, and celery and cook, stirring occasionally, for about 5 minutes or until soft. Stir in the minced garlic and cook until fragrant, about 30 seconds. Add the diced tomatoes and its juices to the pot and stir to combine. Cook for 2 minutes then add in the vermouth and reduce by half.

Add the chicken stock and bring to a simmer. Let the soup simmer for 15 minutes to develop the flavor. Stir in the kale and the meatballs and return the soup to a simmer. Simmer for five minutes until the kale wilts and the meatballs are heated through. Serve immediately with crusty bread and a nice salad. Happy cooking!

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