

# EASY MEATBALL TORTELLINI SOUP

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COOK TIME: 40mins

SERVES: 4-6

CALORIES: 517 kcal (PER SERVING)

## INGREDIENTS

### \*MEATBALLS

200 g/7 oz ground beef

300 g/10.5 oz ground pork

1 egg yolk

1/2 tsp each: salt, black pepper, onion powder,  
garlic powder, fennel seeds, smoked paprika

2 tbsp bread crumbs

30 g /1 oz grated parmesan

### \*SOUP

2 tbsp olive oil

1 tbsp unsalted butter

1 onion, finely chopped

4 garlic cloves, minced

1/4 cup/50 ml white wine

3 carrots, chopped

1 tsp each: dried oregano, dried sage, dried thyme,

black pepper

salt, to taste

6 cups/1.5 L chicken broth

2 tbsp lemon juice

2 tbsp green pesto

250 g/9 oz fresh cheese tortellini

100 g/3.5 oz spinach

1 Parmesan cheese rind (optional)

crushed red pepper flakes, for serving

grated Parmesan, for serving

fresh thyme, for serving

chopped parsley, for serving

## DIRECTIONS

Combine all the ingredients for the meatballs in a large bowl. Mix until just combined, using your hands.

Roll the meat into small meatballs.

Get the prep done before you start cooking: mince the garlic, finely chop the onion and chop the carrots.

Heat oil and butter in a large pot over medium high. Add meatballs, and brown all over, turning frequently, about 5 minutes.

Remove from pot with a slotted spoon, leaving as much grease as possible in the pot.

Reduce heat to low, add garlic and onion, cook for 3 minutes until soft. Pour in white wine, stir with a wooden spoon to dissolve the brown bits on the bottom of the pot, simmer for 2 minutes. Add carrots, oregano, sage, thyme and black pepper. Cook for 3 minutes.

Add chicken broth, bring to boil over high. Add meatballs and parmesan rind.

Reduce heat to a simmer, and cook for 15 minutes.

When ready, stir in lemon juice and green pesto. Add tortellini and spinach, cook for 2 minutes.

Taste, and adjust salt. Finish off with fresh thyme, red pepper flakes, chopped parsley and some freshly ground black pepper. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.