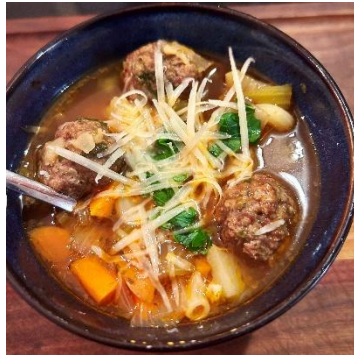


From Brooke's Kitchen: Italian Meatball Soup



There's something extra special about a pot of homemade soup made with local ingredients! This Italian Meatball Soup combines locally-raised ground beef with our beef bone broth and hearty Red Norland potatoes for a comforting meal that's just right for a crisp fall day. Add a sprinkle of Parmesan and fresh parsley, and you have a delicious taste of the season!

—Brooke

Prep Time: 30 minutes

Cook Time: 45 minutes

Servings: 6-8

Ingredients

For the meatballs:

- 1 lb. Northern Farm ground beef
- ⅓ cup grated Parmesan cheese
- ¼ cup finely chopped parsley
- 2 garlic cloves, minced
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 egg and ¼ cup breadcrumbs (optional, for binding)

For the soup:

- 7 cups Northern Farm beef bone broth
- 2 carrots, diced
- 2 celery stalks, diced
- 1 medium onion, diced

- 3 garlic cloves, minced
- 3 medium Northern Farm Red Norland potatoes, washed and cut into small chunks
- 2 tbsp. tomato paste
- 1 cup dry fusilli pasta or elbow macaroni
- 1 tbsp. olive oil
- ½ tsp. dried oregano
- Salt and pepper, to taste
- Extra parsley and grated Parmesan cheese, for topping

Instructions

1. **Preheat the oven.** Preheat oven to 400°F.
2. **Make the meatballs.** In a bowl, combine the ground beef, Parmesan cheese, parsley, minced garlic, salt, and pepper. Add the egg and breadcrumbs if desired. Roll into small meatballs, approximately ¾–1 inch in diameter.
3. **Bake the meatballs.** Place the meatballs on a baking sheet and bake for about 8 minutes. Remove from the oven and set aside. They will finish cooking in the soup.
4. **Sauté the vegetables.** In a large soup pot, heat the olive oil over medium heat. Add the onion, carrots, and celery and sauté for 5–7 minutes, until softened. Add the remaining minced garlic and cook for another 30 seconds.
5. **Build the broth.** Stir in the tomato paste and cook for 1–2 minutes. Pour in the beef bone broth, add the oregano, and season with salt and pepper. Bring to a simmer.
6. **Add the potatoes.** Stir in the chopped Norland Red potatoes and simmer for about 10 minutes, or until they begin to soften.
7. **Add the meatballs.** Gently add the meatballs to the simmering broth. Continue cooking for about 12–15 minutes, or until the potatoes are tender and the meatballs are cooked through to an internal temperature of 160°F.

8. **Cook the pasta.** While the soup simmers, cook the pasta separately according to the package directions, stopping when it is al dente. Drain well.
9. **Combine and serve.** Add the cooked pasta to the soup just before serving, or divide it among the bowls and ladle the soup over the top.
10. **Garnish and enjoy!** Top each bowl with fresh parsley and grated Parmesan cheese.

Brooke's tip: Fusilli and elbow macaroni will continue to absorb broth as the soup sits, so cooking your pasta al dente is important to keep it from getting mushy. If you have leftovers, store the pasta separately from the soup and add it to each serving as needed. This will help the pasta keep its texture and leave you with plenty of delicious broth!