

## Italian Wedding Zuppa

The term "wedding soup" is a mistranslation of the Italian language phrase "*minestra maritata* ("married soup")," which is a reference to the fact that green vegetables and meats go well together. The "*minestra maritata*" recipe is also prepared by the families of [Lazio](#) and [Campania](#) during the Christmas season (a tradition started from the Spanish domination of Italy to the present day). The modern wedding soup is quite a bit lighter than the old Spanish form, which contained more meats than just the meatballs of modern Italian-American versions.

### Meatball Ingredients:

½ onion, grated  
25 ml chopped fresh Italian parsley  
1 egg  
1 clove garlic - minced  
2 ml salt  
25 ml cup grated Parmesan  
1 slice fresh white bread, crust trimmed, bread torn into small pieces  
200 g ground beef  
200 g ground pork  
Freshly ground black pepper

### Meatball Directions:

1. Pre heat oven to 350 F.
2. Stir the first 6 ingredients in a large bowl to blend.
3. Stir in the cheese, beef and pork.
4. Using 1 1/2 teaspoons for each, shape the meat mixture into 1-inch-diameter meatballs. Place on a baking sheet.
5. Bake for 30 minutes, until cooked through and lightly browned. Refrigerate until tomorrow.

should make around 20 meatballs

For the soup:

**Ingredients:**

- 1    tablespoon butter
- 1/2 cup onion, chopped (1/2 medium onion)
- 1/2 cup carrot, peeled and diced (1 medium carrot)
- 1    clove garlic, peeled and minced
- 4    cups homemade or purchased chicken broth
- Salt and pepper for seasoning
- 1/2 cup acini di pepi (can use orzo)
- 1/2 pound fresh spinach, chopped

**Directions:**

1. In a large stock pot, melt butter; add the onion, carrots, and garlic
2. Saute until tender but not soft (about 5 minutes)
3. Add chicken broth; bring to a boil
4. Turn to simmer, cover, and cook for 15 minutes
5. Taste and add salt and pepper, as needed
6. Add acini di pepi and simmer 6-8 minutes then add spinach and meat balls.
7. Cover and simmer for an additional 10 minutes to meld flavours; add more broth, if needed
8. Serve with crusty Italian loaf.