

Wedding Soup

By: The Jaroudi Family

Serves 8

Ingredients:

Soup:

8 cups vegetable broth
8 large carrots, chopped (357 g)
8 celery stalks, chopped (280 g)
1 large onion, chopped (160 g)
8 oz spinach

12 oz of noodles: small wheat Acini Di Pepe or similar (or GF noodles)

Meatballs:

15 - oz can of chickpeas, drained (425 g)
15 - oz can of brown lentils, drained (425 g)
1 & 2/3 cups rolled oats (153 g)
2 Tbsp Italian seasoning
2 tsp white miso paste
Fresh ground black pepper

Directions:

- 1.) Preheat oven to 350 degrees. Line a large baking sheet with parchment paper. Using a food processor, combine the meatball ingredients. Take around one Tbsp of the meatball batter and roll it into a ball. Place on parchment paper and continue until all the batter is gone.
- 2.) Bake meatballs for around 25 minutes, flipping the meatballs halfway through.
- 3.) Remove meatballs and set it aside. Make the pasta as per directions and set that aside in a bowl.
- 4.) In a large stock pot add vegetable broth, onion, carrots, and celery. Cook on medium heat until the carrots are tender. Add spinach and remove from heat.
- 5.) Assemble individual bowls of soup with desired meatballs and pasta.