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# Italian Wedding Soup

Marie Grace Merkitch

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

**1 pound ground beef**  
**1 egg**  
**2 tablespoons instant minced onions**  
**2 tablespoons parsley flakes**  
**2 slices wet bread, trimmed**  
**1/3 cup grated Romano cheese**  
**salt**  
**pepper**  
**6 cups beef or chicken stock**  
**8 ounces noodles or pastina**

In a bowl, combine the ground beef, egg, onion, parsley, bread, salt and pepper. Wet your hands and shape into one-inch balls.

In a soup pot, place the beef stock. Heat to a simmer.

In a separate pot, drop the balls in boiling water. Cook gently for 8 to 10 minutes. Remove the meatballs from the water and add to the soup pot.

Cook the noodles or pastina according to package directions. Add the noodles to the soup.

Sprinkle the soup with Romano cheese.

Serve.

## Soups, Chili, Stew

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*Per Serving (excluding unknown items): 1624 Calories; 135g Fat (76.2% calories from fat); 93g Protein; 2g Carbohydrate; 0g Dietary Fiber; 636mg Cholesterol; 822mg Sodium. Exchanges: 13 1/2 Lean Meat; 19 1/2 Fat.*