
Meatball Soup

Ginger Sica

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

Servings: 6

1 1/2 to 2 pounds lean ground beef
2 tablespoons butter
2 cups water
1 can condensed beef broth, undiluted
1 can (28 ounce) undrained tomatoes
1 envelope dry onion soup mix
2 cups (approx. five) carrots, pared and sliced
1/4 cup celery, leaves only
1/4 cup fresh parsley, chopped
1/4 teaspoon pepper
1/4 teaspoon dried oregano leaves
1/4 teaspoon dried basil leaves
1 bay leaf
dash marjoram (optional)

Shape the ground beef into small meatballs. In a skillet, brown in butter. Set aside. Drain the fat.

In a Dutch oven (an enamel pot works best), combine two cups of water, beef broth, tomatoes, onion soup mix, carrots, celery leaves, parsley, pepper, oregano, basil and the bay leaf. If using, add a dash or two of marjoram.

Bring the mixture to a boil. Reduce the heat. Cover and simmer for 35 minutes. Stir the mixture occasionally, breaking up the tomatoes.

Add the meatballs. Continue to simmer for approximately 20 to 30 minutes longer.

Serve with French bread and a salad.

Soups, Chili, Stew

Per Serving (excluding unknown items): 196 Calories; 16g Fat (72.6% calories from fat); 10g Protein; 3g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 95mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.