

# Cooking By The Seat Of My Pants

A real spur of the moment recipe, created with what I happened to have lying around the kitchen.

Submitted for your enjoyment!

May 17, 2008

## My Italian Wedding Soup

### Stuff I found in the fridge:

$\frac{1}{4}$  lb. ground turkey  
1 Tbsp. jarred, minced garlic  
1 Shallot  
2 Celery stalks  
1 egg  
A handful of baby spinach  
Smoked provolone cheese  
4 Tbsp. fresh parsley  
2 cups water

### Stuff I found in the pantry:

1 can chicken broth  
1 packet of Good Seasons Italian Dressing Mix  
Olive oil  
Salt and pepper  
1 slice white bread  
 $\frac{1}{4}$  cup Israeli Couscous (little bitty pearl-like pasta)

## Putting it all together...

**Prep Ingredients:** Finely chop shallot and celery; chop parsley; grate cheese (1/4 cup); thinly slice spinach leaves.

(By doing all of your prep work (slicing, dicing, etc.) before you start cooking, you'll save yourself a lot of aggravation and will be less likely to miss steps or overcook certain ingredients. Your cooking experience will go much more smoothly when you are prepared from the get go.)

Heat a few tablespoons of olive oil in a soup pot over medium-high heat. Add minced garlic and cook 1 minute. Add shallots and celery; cook 2 minutes or until softened. Add chicken broth, water, and  $\frac{1}{2}$  of the Good Seasons packet to pot and bring to a boil.

Meanwhile, in a bowl, combine ground turkey, grated cheese,  $\frac{1}{2}$  of the chopped parsley, the remaining  $\frac{1}{2}$  of the Good Seasons mix, and the egg. Remove crust from bread slice, and break the bread into small crumbs. Add to turkey mixture; stir with a wooden spoon or blend with hands (way more fun) until well combined.

Roll meatball mixture into small,  $\frac{1}{2}$  inch diameter balls with your hands. Drop mini meatballs into the boiling soup as you are making them. Once all meatballs have been added, add the Israeli couscous. Reduce heat, cover, and simmer soup 10 minutes, until couscous is tender, and meatballs are cooked through. Stir in sliced spinach and remaining chopped parsley and simmer 1-2 minutes more. Season with salt and pepper.

Makes about 4 servings.

Substitutions - You can substitute any Italian cheese for the provolone (Parmesan, asiago, fontina, etc.). 1/8 cup finely chopped onion can be used in place of the shallot, and any tiny pasta (stars, orzo etc.) will work in place of the Israeli couscous. ENJOY!