



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
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## *Italian Meatball Soup*

*Serves 4*

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This delicious, easy-to-prepare soup may be made with canned tomatoes and frozen vegetables to speed preparation. Serve with garlic bread and fresh green salad for a quick, satisfying meal.

### **Ingredients**

20 Italian sausage meatballs (see *Meatballs* recipe)  
2 cups fresh or frozen vegetables, in bite size pieces  
(suggestions include beans, carrots, broccoli, mushrooms, asparagus, corn, fresh zucchini, kale, chard)  
2 cups beef, chicken, or vegetable soup stock  
1 cup water  
4 medium tomatoes, peeled and chopped (OR 1 can Italian-style diced tomatoes)  
1 tsp. dried basil  
1 tsp. dried oregano  
1/2 tsp. garlic powder, OR 1 fresh clove garlic, crushed  
10 oz. frozen cheese tortellini (optional)  
Shredded Parmesan cheese

### **Directions**

Combine all ingredients except tortellini and Parmesan cheese in a large saucepan. Bring to a boil. Reduce heat; simmer until vegetables are tender and meatballs are heated through (8-10 minutes).

Reduce heat. Add the tortellini, and simmer until pasta is cooked.

Ladle into bowls, and sprinkle with Parmesan cheese.

### **VARIATIONS:**

- Start the recipe by first sautéing some onions and garlic or shallots in a bit of butter in the saucepan. Proceed with the rest of the recipe.
- Small shell pasta or orzo may be used instead of frozen tortellini.
- Skip the pasta altogether and increase the vegetables.