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Easy Italian Wedding Soup

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 mins	25 mins	35 mins	6 servings

Ingredients

- 1 pound ground mild Italian sausage
- 2 tablespoons olive oil, plus more for drizzling
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 2 quarts (8 cups) chicken stock
- 1 cup small pasta, such as ditalini, acini de pepe, or orzo
- 4 packed cups (4 to 5 ounces) spinach or escarole, stems removed and roughly torn
- 2 teaspoons kosher salt, or as needed
- 1/2 teaspoon freshly ground black pepper, or as needed

Method

1. Fry the "meatballs:"

Roll the ground sausage into 1-inch "meatballs" and place on a plate. Heat the olive oil in a large Dutch oven over medium heat. Fry the meatballs on all sides, working in batches if necessary, about 10 minutes. Transfer them to a plate and cover to keep warm.

2. Sauté the garlic and onion:

In the same pot (don't wipe it out), sauté the onion until it begins to soften, about 4 minutes. Add the garlic and sauté until fragrant and soft, another 1 to 2 minutes.

3. Add the pasta:

Add the chicken stock and bring to a boil, scraping the browned bits from the bottom of the pan. Reduce to a simmer and add the pasta and browned meatballs. Simmer until the pasta is barely al dente according to the package directions, about 8 minutes. Stir occasionally, ensuring the pasta doesn't stick to the bottom of the pot.

4. Finish and serve:

Add the spinach and simmer until the spinach is dark and wilted and the pasta is cooked, another 1 to 2 minutes. Season with salt and pepper and taste. To serve, optionally drizzle with good-quality olive oil and sprinkle with parmesan cheese.

Leftovers can be stored in an airtight container in the refrigerator for up to 5 days or cooled completely and frozen for up to one month.

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SOUPS

Nutrition Facts (per serving)

399	24g	24g	21g
CALORIES	FAT	CARBS	PROTEIN