



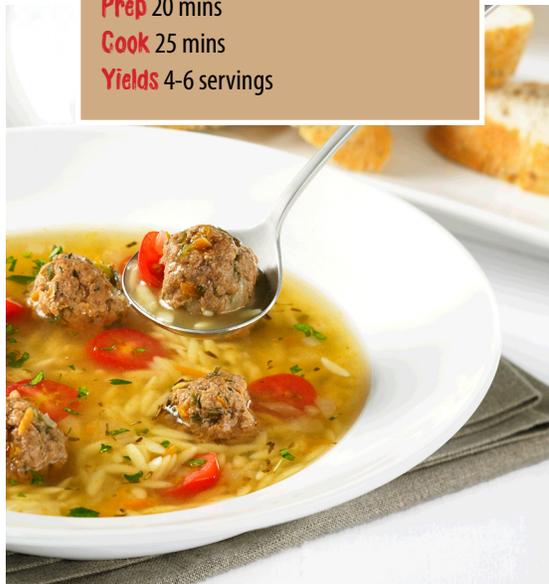
Culinary Practice Recipe

Prep 20 mins

Cook 25 mins

Yields 4-6 servings

Italian Beef Meatball Soup



Prepare Ingredients

$\frac{3}{4}$ lb (375 g) extra-lean/lean ground beef
sirloin or lean/extra-lean ground beef

$\frac{1}{2}$ cup (125 mL) fresh whole wheat bread crumbs

3 tbsp (45 mL) Italian flavoured tomato paste

$\frac{1}{4}$ cup (50 mL) chopped fresh parsley

- $\frac{1}{4}$ cup (50 mL) finely grated carrot
- $\frac{1}{4}$ cup (50 mL) finely chopped green onions
- $\frac{1}{2}$ tsp (2 mL) crushed, dried Italian seasoning
- 1 tsp (5 mL) olive oil
- 1 cup (250 mL) chopped onion
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp (2 mL) crushed, dried Italian seasoning
- 1 container (900 mL) sodium-reduced chicken broth
- $\frac{1}{3}$ cup (75 mL) dried orzo or alphabet pasta
- 1 cup (250 mL) frozen peas
- 1 cup (250 mL) sliced grape tomatoes

Cook

Combine beef, bread crumbs, tomato paste, 1 tbsp (15 mL) water, parsley, carrot, onions and Italian seasoning in medium bowl. Shape level tablespoonfuls (15 mL) of the mixture into meatballs (about 32). Set aside.

Heat oil in a large **saucepan** over medium heat. Add onion, garlic and Italian seasoning. Cook 5 minutes, stirring occasionally. Add broth to pan; bring to a boil.



Ground beef is one of the most flexible cuts of beef. Ground beef is 100% beef with no additives, fillers or colours. As beef is exposed to oxygen, it naturally develops a red hue – so the meat at the surface of a package is bright red. The meat at the centre will turn red too once it is opened up to the air.

Most ground beef comes from the chuck wholesale cut. Since this is a well-used muscle, the chuck contains a high amount of connective tissue and can be tough. It is, however, one of the most flavorful cuts of beef. Ground beef can also come from sirloin or round cuts.

Grinding is a **mechanical tenderizing** method, done with a special machine to make ground beef. This completely breaks up the connective tissue and makes a simmering cut tender.

Ground beef can be **pan-fried** for meat sauces and casseroles or shaped into burgers, meatballs and more. Meatballs can be cooked with either moist or dry heat cooking methods. This recipe cooks the meatballs by **simmering** them in a broth. Meatballs can also be **oven roasted**.



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Cook continued

Add pasta and meatballs and return to a simmer. Simmer, covered, over low heat 15 to 20 minutes, until digital instant read thermometer inserted into several meatballs reads 160°F (71°C). Add peas and tomatoes to soup. Reheat to serving temperature.

Ladle into shallow soup bowls; sprinkle with parsley, Parmesan and pepper.



How could you adapt the ingredients in this recipe to make your own version of this soup?



Why do you think a temperature check for doneness in this recipe is very important? Why should the meat thermometer be inserted into several meatballs?



If you use plain tomato paste, you can increase the Italian seasoning to 1 tsp (5 mL) in the beef meatballs. The meatballs in this recipe may look slightly pink inside even when thoroughly cooked because of the tomato paste.

Meatballs can be made ahead: Cover and refrigerate raw meatballs for up to 1 day. Or wrap well and freeze in sealed container for up to 1 month. Increase cooking time by 10 minutes if cooking from frozen.

Cooked meatballs can be frozen for up to 3 months, wrapped well and stored in sealed container.

Nutrition Facts

per serving

Amount	
Calories	181
Protein	16 g
Fat	6 g
Carbohydrate	18 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/italian-beef-meatball-soup/>