



BEEF MEATBALL SOUP

Ingredients for Meatballs (makes 49 tablespoon-size meatballs)

- 1.65 lb ground beef
- 1/4 cup finely chopped yellow onion
- 1/2 cup bread crumbs (I used cornflakes)
- 1 tsp fennel seeds and 1/2 tsp peppercorns, finely chopped (your small food processor would do the trick)
- 1 stalk of rosemary, the leaves removed from the stalk and finely chopped
- 3/4 tsp kosher salt
- 2 large eggs, slightly beaten

Preparation of Meatballs

1. Preheat oven to 350°F. Grease one baking sheet with cooking spray.
2. Thoroughly combine all ingredients in a big bowl.
3. Shape balls from the mixture by measuring out 1 tablespoon for each mound and line them up on the cookie sheet.
4. Bake for 25-30 minutes until cooked. Turn halfway through. Take out of the oven and cover with foil.

Ingredients for the Soup

- 5 cups water
- .2 lb Parmesan rinds
- 1/2 tsp kosher salt
- 1 beef bullion cube (or replace 2 cups of water in #2 below with 2 cups of beef broth and add salt to suit your taste)
- 1 celery stalk, thinly sliced crosswise
- 3 handfuls of spinach leaves
- 1 stalk of rosemary
- fresh ground pepper

Preparation

1. Boil water in a pot. Add the parmesan rinds and salt. Cover and leave for 30 minutes.
2. Sieve the broth into a bigger pot. Discard parmesan rinds. Continue heating the broth in med-low heat and dissolve the beef bullion.
3. Put the celery, rosemary stalk and meatballs into the soup. Add fresh ground pepper. [I only used 30 meatballs, but you can put all of them. Just add more spinach.] Cook for 5 minutes.
4. Turn off the heat and mix in the spinach leaves. Cover for 3 minutes and serve.

Happy cooking!

This is an original recipe from **Gourmated.com**. If you have questions, please contact us at gourmated@gmail.com. Photos of the dish are [available online](#).