



Italian Wedding



From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) Soak porcini mushrooms in 2 cups of veggie broth. Sauté diced onions until translucent, add garlic for 1-2 minutes until fragrant. Deglaze with white wine, turn off heat. Add carrots, celery, bay leaf, veggie broth, basil, oregano, parsley, Parmigiano Reggiano rinds (if using), salt, and pepper. Remove porcini mushrooms from broth, chop, and add the mushrooms and soaking liquid to soup. Bring to a boil, reduce to simmer and cook for 10 minutes.
- 2) Add 2 cups Zito and cook until al dente (8–10 minutes). Add in water if Zito absorbed too much liquid. Stir in spinach, simmer 2-3 minutes until wilted. Remove rinds and bay leaf prior to assembly.
- 3) Meatballs: Mix ground beef, Italian sausage, egg, Parmigiano Reggiano, breadcrumbs, basil, oregano, parsley, garlic, salt, and pepper. Roll into ½-inch balls. Shallow-fry in neutral oil over medium heat until browned on all sides, then finish in a 250°F oven until internal temperature reaches 165°F.
- 4) Eatballs (meatless): Cook lentils about 40 minutes until tender but not mushy. Drain, reserving 1 cup liquid, and cool completely. Mash about three-quarters of the lentils, leaving some texture. Mix in egg (if using), breadcrumbs, red pepper flakes, basil, oregano, parsley, garlic, salt, and pepper. Form ½-inch balls and pan-fry over medium heat, turning gently until browned.

Eatballs (Bottomer):

- 1 lbs lentils
- 1 Egg (eliminate if Vegan)
- 1/3 cup Italian breadcrumbs
- Red Pepper Flakes (1 tsp)
- Clove of garlic
- 2 fresh Basil Leaves
- 4-5 fresh oregano leaves
- 2-3 fresh parsley leaves
- Salt & Pepper

Ingredients

- 1 onion (diced)
- 2 carrots (sliced)
- 3 ribs of celery (sliced)
- 1 cup white wine
- 10 Porcini mushrooms
- 2 Bay leafs
- 4 Parmigiano Reggiano rinds (eliminate if Vegan)
- 10 fresh Basil Leaves (chopped)
- 16-20 fresh oregano leaves (chopped)
- 8-12 fresh parsley leaves (chopped)
- Salt & Pepper
- 4 boxes of veggie broth
- 2 package of Zito Italian pasta (~2 cups)
- 8oz fresh spinach

Meatballs (Bottomer):

- 1/2 lbs ground beef
- 1/2 lbs Italian sausage (remove casings)
- 1 egg
- ½ cup Parmigiano Reggiano (grated)
- 1/3 cup Italian breadcrumbs
- Clove of garlic (chopped)
- 2 fresh basil leaves (chopped)
- 4-5 fresh oregano leaves (chopped)
- 2-3 fresh parsley leaves (chopped)
- Salt & Pepper
- 1 Tbsp neutral oil of choice

