

NANA BENEDETTA'S CHICKARINA SOUP

1 lb ground chicken
1 Tbl Olive oil
Red pepper flakes
4 cloves minced garlic (divided)
1 medium onion diced (divided)
1 handful fresh parsley chopped (divided)
¼ cup parmesan cheese, and some for garnish
½ cup seasoned Italian breadcrumbs
2 stalks celery diced
1 C carrots diced
1 bay leaf
2-3 sprigs fresh thyme
4-6 cups chicken stock
½ - ¾ cups dry pastina
Salt and Pepper to taste
Yield: 6-8 servings

For Chicken Meatballs:

Add 1lb ground chicken to a bowl. Salt and Pepper to taste. Add half of chopped onion, half minced garlic, half chopped parsley, parmesan cheese, and breadcrumbs. Mix together thoroughly, and form mini meatballs,

In a large pot or dutch oven, on medium heat,

Add 1 tbl olive oil to hot pan, add red pepper flakes. Toss in onions, garlic, celery and carrots. Cook until onions are translucent (2-3 mins) do not brown. Season with salt and pepper to taste.

Add bay leaf, and thyme, stir through.

Add 4 cups stock and combine ingredients. Cover pot and bring up to a boil. Drop meatballs in and let them cook. When they float to the top they are done.

Take pot down to medium low

Add pastina and cook an additional 7-8 minutes covered.

Stir in the rest of parsley, and taste for seasoning. Remove bay leaf and thyme, and serve with parmesan cheese and red pepper flakes (to taste).

Soup freezes very well.

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