

Italian Wedding Soup w/ Barley Serves 6-8

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.*

Ingredients:

1 pound of meatballs (recipe below)
8 cups of low-sodium chicken broth or mixture of some broth and some water
1 onion, minced
3 carrots, small diced
2 stalks of celery, thin half moons
2 cloves of garlic, mashed
1-15oz can of diced or crushed tomatoes
1 pound of fresh escarole or fresh or frozen spinach, thawed
¾ cup of barley
¼ cup of grated parmesan cheese or pecorino, optional
salt & pepper, as needed



Meatballs:

16 ounces ground beef or ground turkey or ground chicken
Fresh parsley, chopped or 1 Tbs. of dried oregano or Italian Seasoning
1 large egg, whisked
½ cup of bread crumbs or 1 slice of bread, torn into small pieces
½ cup of grated parmesan or pecorino, optional
1 tsp. salt and black pepper

Directions:

1. **Make meatballs:** Preheat oven to 400 degrees. In a large bowl add meat of choice and remaining ingredients. Add 3 Tbs. of water and using your hands mix to combine. Try not to over mix. Shape the meat mixture into 1-inch-diameter (picture golf balls) meatballs. Place on a baking sheet and bake for 20 minutes or until mostly cooked through.
2. In a stock pot sauté onions, carrots and celery. Add in garlic, tomatoes, broth, greens, barley and cook for about 20 minutes until barley is cooked. Return meatballs to the pot. Cook for another 5-10 minutes.
3. Remove from heat, add cheese, adjust seasoning as needed and enjoy!

Chef Raquel Rivera-Pablo

A Pinch of Salt, LLC

www.apinchofsalt.com

Raquel@apinchofsalt.com



Bringing Good Food For All