

Pork Meatballs in Parmesan Broth



Ingredients:

1 lb. ground pork
8 oz. low-fat ricotta cheese
½ cup seasoned Italian breadcrumbs
1 egg
½ tsp. ground nutmeg
1 cup shredded aged Parmesan cheese
Kosher salt and fresh ground pepper
4 tbsp. grapeseed oil
32 oz. low-sodium, natural chicken broth
1 cup chopped, canned artichoke hearts
2 cups fresh baby spinach
16 oz. old-fashioned egg noodles

Directions:

1) Combine the first five ingredients in the list, including ½ cup of the shredded Parmesan and a generous pinch each of the salt and pepper. Form the mixture into about 20 good sized meatballs.



2) Working in batches, heat 2 tbsp. of the grapeseed oil in a deep pan and sear the meatballs over moderate heat, turning every 2-3 minutes until they are browned on all sides. This step is important as the meatballs need to be browned and firm enough to hold their shape without falling apart in the broth. They will cook all the way through in the next step.

3) Return all of the meatballs to the pan and add the broth and the remaining ½ cup of shredded Parmesan. Cover and simmer for about 20 minutes, to cook the meatballs through.

- 4) Meanwhile, cook the egg noodles according to package directions, drain and stage them nearby.
- 5) Add the artichoke hearts and spinach to the soup and cook a few minutes longer until the spinach has wilted. Adjust the seasoning with salt and pepper as needed.
- 6) Spoon a generous helping of the egg noodles into bowls and gently ladle 3-4 meatballs into each bowl along with enough broth to cover the noodles. Sprinkle the soup with additional shredded Parmesan and serve.