

Meatball and Vegetable Bowtie Soup

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INGREDIENTS

- 1- 1/2 pounds Italian-style meatballs, thawed
- 2 cups farfalle (bow tie) pasta
- 1 tablespoon olive oil
- 1- 1/2 cups chopped onion
- 1/4 cup chopped celery
- 1 tablespoon minced garlic
- 1- 1/2 teaspoons kosher salt
- 1/4 teaspoon Creole or Cajun seasoning, optional
- 1/2 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 2 teaspoons Italian seasoning
- 2 (14.5 oz.) cans diced or stewed tomatoes
- 4 cups unsalted beef stock or broth
- 4 cups water
- 1/2 tablespoon Worcestershire sauce
- 1/2 tablespoon beef base, optional
- Splash Kitchen Bouquet, optional
- 1/4 cup sliced green onion
- 2 cups frozen mixed vegetables
- Parmesan cheese, grated, for garnish, optional

INSTRUCTIONS

1. Thaw meatballs in refrigerator overnight, or use the defrost setting on your microwave.
2. Prepare pasta, drain and set aside.
3. Meanwhile, heat olive oil in a soup pot over medium heat and add onion and celery, cooking until tender, about 5 minutes. Add garlic and cook another minute.
4. Add seasonings; cook and stir for 2 minutes.
5. Stir in tomatoes, beef broth, water, Worcestershire, beef base and Kitchen Bouquet, if using.
6. Set aside 2 tablespoons of the green onion for garnish and add remaining green onion to the soup, along with the mixed vegetables and meatballs.
7. Simmer until meatballs are cooked through, and vegetables are tender, about 15 minutes. Taste and adjust seasonings as needed.
8. Spoon pasta into serving bowls and ladle soup over the top.

9. Garnish with reserved green onion, freshly grated Parmesan cheese and serve with a crusty whole grain bread.

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