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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