

Ingredients

for the meatballs:

- 1 lb. ground chicken
- 1/2 lb. mild chicken Italian sausage (casings removed)
- 2/3 cup fresh white bread crumbs
- 2 garlic cloves, minced
- 3 Tbsp. chopped fresh parsley or 1 Tbsp. dried
- 1/2 cup grated parmesan cheese
- 3 Tbsp. milk
- 1 egg, lightly beaten
- Kosher salt and black pepper

for the soup:

- 2 Tbsp. olive oil
- 1 cup minced yellow onion
- 1 cup diced carrots (3 carrots)
- 3/4 cup diced celery (2-3 stalks)
- 8 –10 cups reduced-sodium chicken broth
- 1/2 cup dry white wine
- 1 cup small pasta (I used Acini di pepe)
- 7 oz. baby spinach, washed and trimmed

Directions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. *For the meatballs:* Place the ground chicken, Italian sausage, bread crumbs, garlic, parsley, Parmesan cheese, milk, egg, 1 teaspoon salt, and 1/2 teaspoon black pepper in a bowl. Mix gently until well combined. Form the mixture into 1- to 1 1/4-inch meatballs and place onto the prepared baking sheet. Bake for 30 minutes, until cooked through and lightly browned, flipping over meatballs about halfway through baking. Set aside.
3. *For the soup:* Heat the olive oil over medium heat in a large Dutch oven. Add the onion, carrots, and celery and saute until softened, 5-6 minutes.
4. Add the chicken broth and wine and bring to a boil. Add the pasta to the simmering broth and cook for 6-8 minutes or until al dente. Add the meatballs to the soup and simmer for 1 additional minute. Stir in the fresh spinach and cook for 1 minute, until the spinach is just wilted. Ladle into soup bowls and sprinkle with Parmesan cheese, if desired.

Source: adapted from [Barefoot Contessa: Back to Basics](#) by Ina Garten

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