

# A Sutherland Belle

## **Cheesy Chicken Parmigiana Meatball Soup**

### **INGREDIENTS**

#### *For the Meatballs*

- 1 pound ground chicken or turkey
- 15-20 BelGioioso Fresh Mozzarella Cheese Pearls Mini Snacking Cheese
- 1/2 medium yellow onion, finely chopped
- 4 cloves garlic, finely minced
- 1 large egg
- 1/3 cup panko breadcrumbs
- 1/3 cup grated parmesan
- 1/4 cup finely chopped fresh parsley
- 1 teaspoon of dried Italian seasoning
- 1/2 teaspoon red pepper flakes, optional
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh cracked pepper

#### *For the Soup*

- 1 tablespoon olive oil
- 1/2 medium onion chopped
- 4 cloves garlic minced
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes, optional
- 1 heaping tablespoon tomato paste
- 1 (28 fluid ounces) can crushed tomatoes
- 4 cups chicken stock
- 1.5 cups fusilli pasta
- 1/4 cup freshly grated Parmesan cheese
- 1/2 cup heavy whipping cream
- 1/2 lemon, juiced
- Salt & pepper to taste

#### *For the toppings*

- A mixture of 1/2 panko and 1/2 parmesan cheese with desired amount of black pepper
- Fresh Mozzarella cheese slices
- Freshly chopped parsley

## INSTRUCTIONS

### *For the Meatballs*

1. Preheat the oven to 400 degrees F, ensuring a parchment-lined rack is positioned in the center of the oven.
2. Add all the meatball ingredients to a medium mixing bowl. Use your hands to mix well. Once the breadcrumb mixture is combined, add in the ground chicken. Using your hands, mix just until combined – take care to avoid over-mixing.
3. Divide the chicken meatball mixture into 15-20 equal portions. Working one portion at a time, press the meatball mixture into a flat patty about 2-3 inches wide. Place a piece of fresh mozzarella in the center, and wrap the edges of the patty around the cheese, forming a meatball with a piece of mozzarella in the center. Be sure to seal the edges tightly, then gently roll into a ball. Place the chicken parmesan meatball on the prepared baking sheet. Repeat with the remaining chicken meatball mixture.
4. Bake the chicken parmesan meatballs for 20-25 minutes or until cooked through. Remove and set aside until
5. Turn the oven to broil for step 6 below.

### *For the Soup*

1. Add the olive oil and onions to a soup pot over medium heat and sauté for 4-5 minutes.
2. Stir in the garlic and cook for 30 seconds. Add tomato paste, Italian seasoning, oregano, red pepper flakes if using, salt and pepper. Mix well for 1 minute.
3. Stir in the crushed tomatoes, chicken broth, lemon juice, parmesan cheese, pasta, and cream. and meatballs. Increase the heat to medium-high and bring it to a boil.
4. Add the pasta once it's boiling.
5. Reduce the heat and simmer it (covered, with the lid slightly open) for about 15 minutes or until the pasta is cooked. Stir it a few times to ensure the pasta isn't sticking to the bottom of the pot. *Note: Some brands of crushed tomatoes are thicker than others. Add more chicken broth if the soup has become too thick.*
6. Stir in the cooked meatballs with additional salt & pepper if needed. Serve with fresh mozzarella slices, and parmesan panko mixture, Broil in oven until cheese begins to brown. Top with fresh parsley and serve with crusty bread for dipping. Enjoy!