

Meatball Sub Soup

#cooking/recipe

#2019/November

#cooking/dinner

Best Meatball Sub Soup Recipe - How to Make Meatball Sub Soup

Ingredients

Meatballs

1 lb. ground beef
1/2 c. Italian bread crumbs
2 cloves garlic, minced
1/4 c. fresh Italian parsley, chopped
1 tsp. crushed red pepper flakes
kosher salt
Freshly ground black pepper

Soup

2 tbsp. extra-virgin olive oil
1 large onion, diced
1 large clove garlic, minced
2 tbsp. tomato paste
1 28-oz. can crushed tomatoes
3 c. low-sodium beef broth
1 c. skim milk
3 c. shredded mozzarella
1/2 c. freshly grated Parmesan
1 tsp. dried oregano
kosher salt
Freshly ground black pepper
Baguette slices, for serving

Process

Make the meatballs: Preheat oven to 350° and line two baking sheets with parchment paper. In a large bowl, combine ground beef, bread crumbs, garlic, parsley, and crushed red pepper flakes and season with salt and pepper.

Roll into meatballs and transfer to one prepared baking sheet.

Bake until browned and cooked through, 15 minutes, then heat broiler.

Make the soup: In a large pot over medium-high heat, heat oil. Add onion and cook until soft and golden, 6 minutes, then add garlic and cook until fragrant, 1 minute. Add tomato paste and stir until combined, then add tomatoes, beef broth, and milk and stir until combined.

Add meatballs and bring to a simmer, then add half the mozzarella and all the Parmesan. Season with oregano, salt, and pepper.

Ladle soup into four oven-safe ramekins and top with a baguette slice. Top with remaining mozzarella and broil until browned and bubbly, 2 to 3 minutes. Serve hot.

Nutrition

Servings: 4

Calories:

Fat:

Carbs:

Protein: