



# LAMB MEATBALL & CABBAGE SOUP



There's just something about hot soup that satisfies the soul on those long dark evenings of winter and early spring. I often keep a stockpot simmering, making rich broth from leftover bones and vegetables. I use it for light and refreshing soups meant to tease the appetite, and some (like this one) that are nourishing, hearty meals all on their own.

Classic Italian wedding soup often features the "marriage" of meatballs with greens. My recipe takes this wholesome marriage to heart and gives a nod to St. Patrick's Day by combining lamb and cabbage. The meatballs add richness to the flavorful broth, while the cabbage adds sweetness. There's nothing better on a chilly evening than dipping a slice of buttered crusty Macrina bread into this lovely soup. No one will believe you spent less than an hour making it!

- Leslie Mackie

## INGREDIENTS:

Serves 5

### MEATBALLS

1 pound ground lamb  
 1 teaspoon ground coriander  
 1 teaspoon ground cumin  
 1/4 teaspoon ground cinnamon  
 2 teaspoons Dijon mustard  
 1 teaspoon kosher salt  
 2 tablespoons fresh cilantro, chopped  
 2 tablespoons fresh parsley, chopped  
 2 tablespoons fresh mint, chopped  
 Zest of 1 lemon  
 2 eggs

### SOUP AND ASSEMBLY

1 tablespoon olive oil  
 1 cup shallots, finely diced  
 2 cups fresh tomatoes, diced  
 2 tablespoons fresh garlic, minced  
 4 cups green cabbage, thinly sliced  
 6 cups chicken stock  
 Cracked black pepper  
 1 tablespoon fresh mint, chopped  
 1 Macrina loaf

## DIRECTIONS:

### MEATBALLS

Preheat oven to 375°F. Line a rimmed baking sheet with parchment paper and set aside.

Add all the meatball ingredients to a medium bowl. Mix with a spoon until thoroughly combined. Scoop out 20 meatballs that are about 1-1/2" and place them 2" apart on the lined baking sheet. Bake for 20-25 minutes until they are golden brown in color and firm to the touch. Let cool while you prepare the soup.

### SOUP AND ASSEMBLY

Add the olive oil to a large saucepan over medium heat. Add the shallots and cook for about 2 minutes. When the shallots are translucent in color, add the tomatoes and garlic and cook for 3 minutes until the tomatoes begin to break down. Add the cabbage and cook for another 3 minutes to sweat the cabbage. Add the chicken stock and cracked black pepper to taste. Simmer for 20 minutes, skimming off any foam that forms on the surface of the broth. Add the meatballs and cook for another 10 minutes.

Divide meatballs (4 per bowl) and soup between the 5 bowls. Garnish with mint and serve with your favorite crusty Macrina loaf. Enjoy!