



## Pasta Soup With Meatballs Recipe

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| Preparation Time | 5  |
| Cooking Time     | 35 |
| Serving Size     | 8  |

### Ingredients:

#### FOR THE MEATBALLS

- 250 g pork, ground
- 2/3 cup potato, coarsely grated
- 2 Tbsp onion, chopped
- 1 pc egg, beaten
- 1 tsp salt
- 1/8 tsp pepper, black

#### FOR THE SOUP

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 6 cup chicken stock
- - salt, to taste
- - pepper, to taste
- 1 1/4 cup DEL MONTE Elbow Macaroni
- 200 g sayote, diced
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 3 stalk green onions, chopped
- 2 Tbsp cheese (optional), grated

### Preparation:

1. Combine ingredients for meatballs. Mix well. Shape into 2 teaspoon balls. Set aside.
2. Sauté garlic in oil. Add chicken stock, and salt and pepper to taste. Allow to simmer. Add DEL MONTE Elbow Macaroni and sayote. Cook for 5 minutes.
3. Add DEL MONTE Italian Style Spaghetti Sauce and meatballs. Cover and simmer for another 10 minutes. Top with green onions. Sprinkle with grated cheese, if desired.

### Chef's Tip

For this recipe, choose pork that has a little more fat so that the meatballs stay moist during cooking. The additional grated potato serves as an extender and as a binder for the meatballs.

### Lusog Notes

This recipe gives you a source of protein, which is essential for growth and development. It is also a source of niacin that helps keep the digestive and nervous systems healthy.

## **Cooking Skills Needed**

- Boiling

## **Cooking Tools**

- Pot
- Chopping Board
- Grater

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