



Pasta Soup With Meatballs Recipe

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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