

Meatball Soup Recipe: A Hearty, Cozy One-Pot Dinner for Busy Nights

When the weather cools down or you're simply craving something hearty and comforting, this



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10 min

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INGREDIENTS

For the Meatballs:

- 1 1/2 pounds ground beef
- 1/4 cup finely minced yellow onions
- 2 cloves garlic, minced
- 1/3 cup Italian or plain breadcrumbs
- 1 large egg
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

3 tablespoons olive oil

For the Soup:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 large carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 1/2 cups green beans, trimmed and cut into 1-inch pieces
- 1 1/2 teaspoons dried parsley
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 6 cups low-sodium beef broth
- 1 can (8 ounces) tomato sauce
- 1 can (14.5 ounces) fire-roasted tomatoes

3/4 cup mini farfalle, ditalini, acini di pepe, or orzo
Fresh parsley, chopped
Salt and pepper, to taste

DIRECTIONS

1. **Make the meatballs:** In a large bowl, combine the ground beef, minced yellow onions, garlic, breadcrumbs, egg, Worcestershire sauce, kosher salt, and black pepper. Mix until just combined, then form into small meatballs.
2. **Brown the meatballs:** Heat the olive oil in a large skillet or pot and brown the meatballs in batches if needed. They do not need to be fully cooked through at this stage, since they'll finish cooking in the soup. Remove and set aside.
3. **SautØ the aromatics:** In a large soup pot, heat the olive oil and sautØ the chopped onion until softened. Add the carrots and celery and cook for a few more minutes to start building the soup base.
4. **Add the broth and meatballs:** Return the prepared meatballs to the pot and pour in the beef broth. Let everything cook for about 10 minutes so the meatballs begin to cook through and flavor the broth.
5. **Add the remaining soup ingredients:** Stir in the tomato sauce, fire-roasted tomatoes, green beans, dried parsley, oregano, basil, garlic powder, and onion powder. Cover and simmer for about 25 minutes so the vegetables become tender and the flavors blend together.
6. **Add the pasta:** Stir in the pasta and continue cooking for about 15 minutes, or until the pasta is tender.
7. **Finish and serve:** Taste the soup and season with salt and pepper as needed. Sprinkle with fresh chopped parsley before serving.

SWAPS & NOTES

This soup is very flexible, which makes it easy to adapt to your kitchen.

Ground beef: Lean ground beef works well, but you can also use a mix of beef and pork for richer flavor.

Breadcrumbs: Italian breadcrumbs add a little extra seasoning, but plain breadcrumbs work just fine too.

Pasta: Mini farfalle, ditalini, acini di pepe, and orzo all fit nicely in this soup.

TIPS FOR SUCCESS

A few simple tips can help this soup turn out even better: Don't overmix the meatball mixture or the meatballs can become dense.

Make the meatballs small so they cook evenly and are easy to eat with a spoon.

Brown the meatballs first for extra flavor and better texture.

Add the pasta near the end so it doesn't overcook.

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