

## THANKSGIVING SOUP

This delicious soup was traditionally served at the beginning of our Thanksgiving meal. It is so substantial that with the addition of bread and salad, it can be served as a complete meal.

### CHICKEN BROTH

3 1/2 pound chicken, quartered and washed  
2 pounds chicken wings, washed  
Cold water to cover the chicken  
3 carrots, peeled, washed and cut into 2-inch pieces  
2 large onions, peeled and quartered  
1/2 bunch of celery, with tops in 2-inch pieces  
3 plum tomatoes, canned or fresh  
Small bunch parsley washed very well  
1 bay leaf  
Season with salt and freshly ground black before using

Put the chicken in a 12-quart stockpot and add enough cold water to cover the chicken by 3 inches. Bring to a simmer slowly and remove the scum that raises to the top.

Add the vegetables and seasonings, and simmer uncovered, for 2 to 3 hours. Strain the broth through washed cheesecloth, allow to cool, and skim off the fat.

The broth may be used immediately, stored 3 days in the refrigerator, or frozen. If refrigerated or frozen, boil the broth before using.

Reserve about 2 cups white chicken for the soup, Chicken may be served as a second dish or taken off the bone and used for a salad.

### MEATBALLS

1 pound ground beef (Chuck is preferable)

2 large eggs, slightly beaten

About 1/2 loaf of seedless Italian bread, soaked in tepid water

1/2 medium onion, chopped fine

4 cloves of garlic, minced fine

1/4 cup fresh chopped parsley

4 heaping tablespoons, grated Romano cheese

Salt and freshly ground black pepper

1 teaspoon oil

Soak Italian bread in tepid water for 10 minutes. Squeeze as much water out of the bread as possible. Set aside. Place ground beef in a large bowl. Add beaten eggs, Italian bread, onion, garlic, parsley, cheese, salt and freshly ground black pepper. Mix until blended.

Make a small test patty. Place a teaspoon of oil in a small frying pan, heat, and saute the patty on both sides until done. Taste for seasoning and correct if necessary.

Shape into 3/4 inch balls. Place on a cookie sheet lined with aluminum foil or wax paper in one layer. Chill or freeze for easy handling.

### ESCAROLE

1 large head of Escarole

1 quart of water

Pinch of salt

Place the whole Escarole in a large bowl and soak in cold water, changing the water several times until clean. Cut off the white bottom and save for salad. Break the green leaves into bite size pieces.

Bring the quart of water to a boil, add salt and drop the green leaves into the boiling water. Cook for 4 minutes or just until tender. Strain and shock under cold running water to stop the cooking. Set aside.

### RICE

2 cups converted rice

4 quarts boiling water

Salt to taste

Add salt and rice to boiling water and cook uncovered for 15 minutes.

Taste rice for doneness, strain and set aside.

### PUTTING IT ALL TOGETHER

Bring chicken broth to a boil, add meatballs and cook until meatballs come to the top.

It takes a couple of minutes. Lower flame to a simmer, add rice, escarole and reserved chicken cut into large chunks. Taste for seasoning and correct, if necessary.

Serve with grated Romano cheese.

You may prepare everything' ahead of time and put everything together just before serving.

For color and flavor, peel two carrots and cut into 1/2 inch slices. Bring 3 cups of water to a boil, add carrot slices and cook for about 12 minutes or until tender.

Add to chicken broth.

Serves 6 - 8