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**Italian meat ball soup**

**Ingredients (Per Pair)**

**Meat balls**

200g beef minced

¼ red onion, grated

1 tsp crushed garlic

¼ cup breadcrumbs

a few basil leaves, finely chopped

1 Tbs parmesan cheese

½ egg, lightly beaten

**Method**

1. Combine mince, onion, garlic, breadcrumbs, basil, parmesan and egg in a large bowl.
2. Season with salt and pepper. Mix well.
3. Roll tablespoonfuls of mixture into balls. Place on a plate.

**Ingredients**

**Soup**

1 tsp beef stock powder

2 cups hot water

½ can diced tomato

½ tsp Italian seasoning

¼ cup macaroni

½ cup frozen mixed vegetables

½ Tbs shredded parmesan cheese

**Method**

1. Combine beef stock powder and hot water in a saucepan. Add undrained tomatoes and Italian seasoning, bring to boiling.
2. Add meatballs, pasta and frozen vegetables.
3. Return to boiling, reduce heat.
4. Simmer covered for about 10 minutes or until pasta is tender.
5. Ladle soup into bowls and sprinkle with cheese.
6. Serve hot.

**Learning Intention**

**To know how to make a wholesome, delicious soup.**

1. Explain why this dish is so nutritious.
2. How can you and your partner maximise your time efficiency when making this dish?
3. Describe how you think this dish is a convenient way of cooking a meal.