

## Cinnamon Chili Sweet Pepper Meatball Soup

January 2015, by Camine Pappas

Serves 4 to 6

### INGREDIENTS:

#### SOUP:

2 to 3 cloves garlic chopped  
2 carrots diced  
3 stalks celery diced  
½ white onion diced  
1 can Del Monte diced tomatoes with Basil, Garlic, Oregano, no salt  
1 cube Knorr Chicken Bouillon dissolved in 4 C boiling water  
2 extra cups water  
Salt and pepper to taste  
2 C dry rotini pasta  
3 T oil



#### MEATBALLS:

¾ lb lean ground beef. I used 85%  
1 t Victoria's Gourmet Cinnamon Chili Rub: <http://vgourmet.com/cinnamon-chile-rub>  
1 egg  
2 heaping T Italian style bread crumbs  
1 T honey  
1 sweet cherry pepper chopped (I used bottled peppers, the papadew type)  
¼ t salt and 1/8 t pepper

### DIRECTIONS:

Form meatballs using all ingredients. Make into ½ balls. Set aside.

Place 2 T oil in large Dutch oven pan. Lightly sear meatballs, being very careful they don't fall apart. Cook on one side for about 2 minutes only. Remove and set aside. In same pan reheat oil, and add mirepoix, and saute until transparent, about 4 minutes. Add garlic and stir for about 30 seconds. Then add bouillon broth, can of tomatoes, a little salt and pepper and extra water. Bring to boil. Add meatballs, carefully placing them in boiling broth with a spoon one at a time. Keep uncovered, boiling on medium and cook meatballs for 15-20 minutes. Then, add the pasta and cook until al dente, about 5 minutes or so.

Serve with parsley and crusty bread.

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