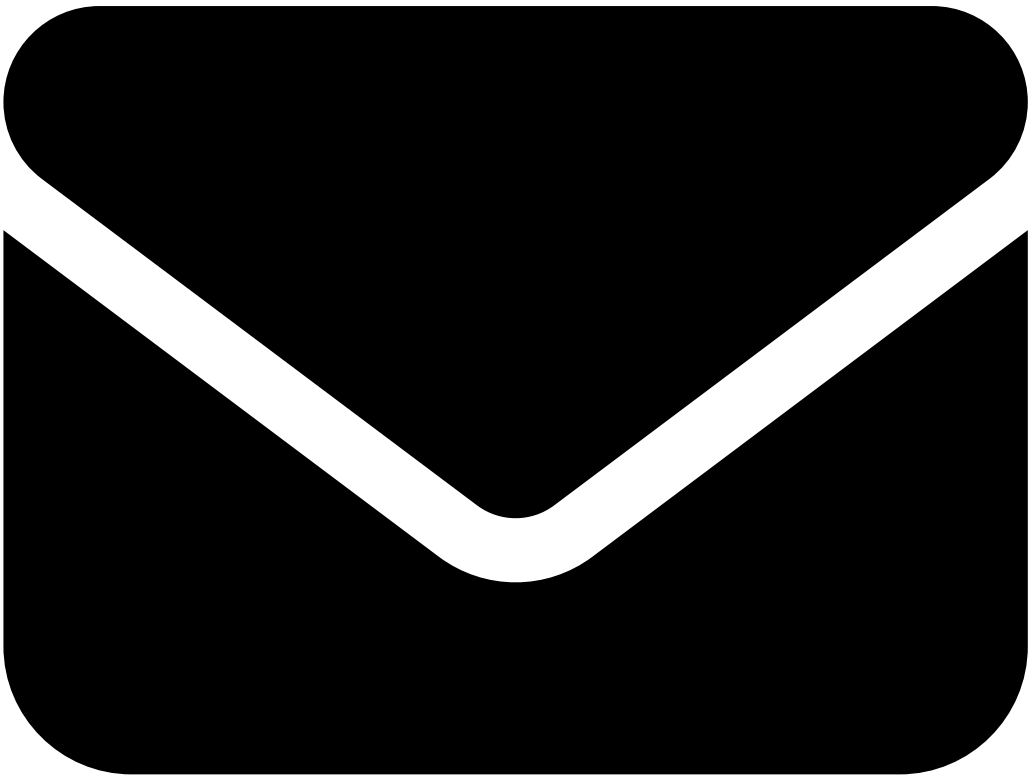
Authentic Italian Chicken Pastina Soup

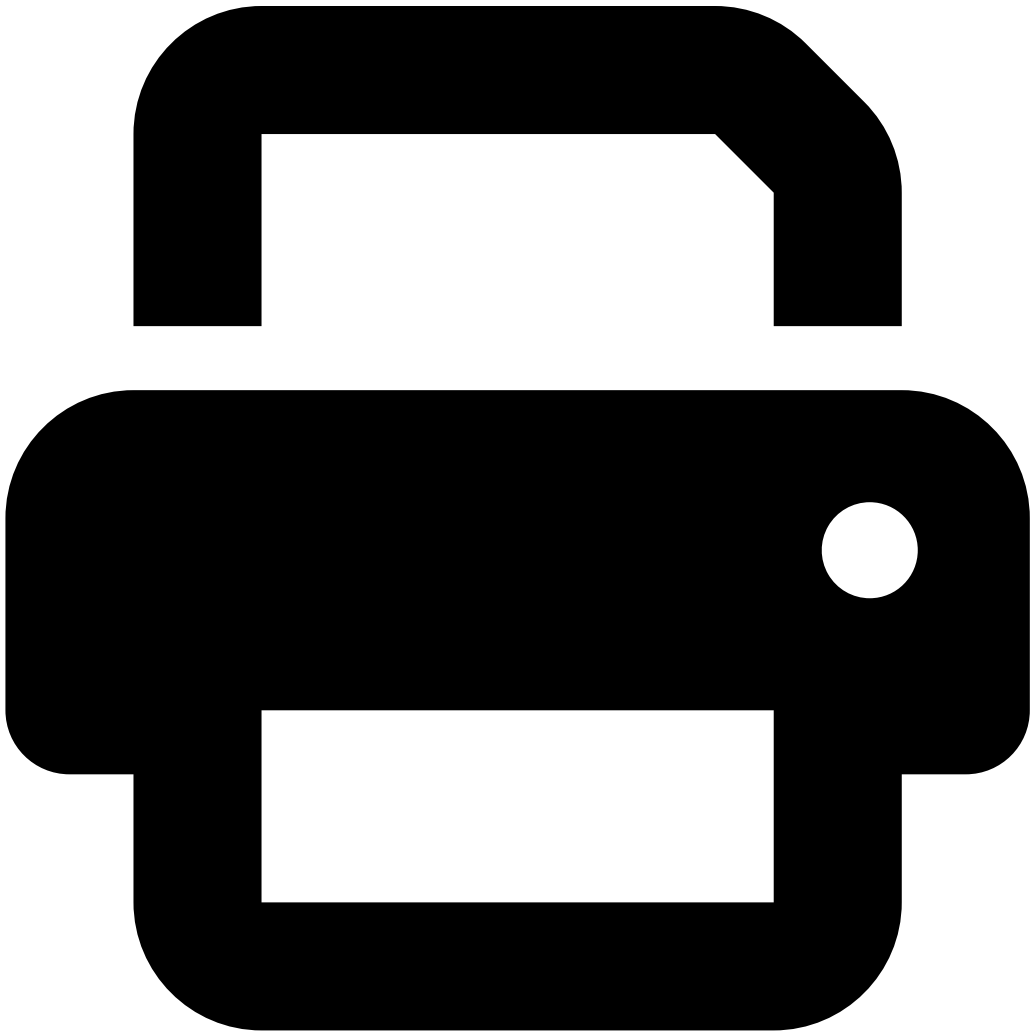
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There are some Italian recipes that are simple by nature, and **pastina soup is one of them.** It doesn’t need a long list of ingredients or complicated techniques. What it does need is a really good broth.

For my version, I start with **homemade chicken stock made with bone-in chicken, carrots, celery, onion, and two whole garlic cloves.** Once the chicken is cooked and tender, I remove it and puree the vegetables right back into the broth. It gives the soup so much flavor and a little extra body without making it heavy.

Then comes the pastina—the tiny little pasta that makes this soup so comforting. I cook it directly in the homemade broth and finish the soup with butter and freshly grated Parmesan.

You can keep it simple, or, if you want a heartier meal, shred some of the cooked chicken and return it to the soup. I also

give you an optional egg-and-Parmesan finish for an even richer bowl.

This is the kind of Italian soup that reminds me that **good food doesn’t have to be complicated.** A pot of homemade broth, tiny pasta, Parmesan, and a little time can make one of the most comforting meals you’ll ever have.

Things to know about this Authentic Italian pastina recipe

Homemade broth makes the difference. Because there are so few ingredients in pastina soup, the flavor of your broth really matters. Bone-in chicken gives the broth much more flavor than boneless chicken.

Don’t throw away those vegetables. Carrots, celery, onion, and garlic are pureed and returned to the broth. It’s an easy way to add flavor and natural body to the soup.

You have two ways to serve the chicken. Keep the broth and pastina simple, or shred some of the cooked chicken and stir it back into the soup for a complete meal.

Pastina cooks quickly. Keep an eye on it because those tiny pieces of pasta can go from perfectly cooked to overcooked very quickly.

Make it just before serving. Pastina continues to absorb the broth as it sits. If you have leftovers, add more hot chicken broth when reheating.

The egg is optional. The soup is delicious with simply butter and Parmesan, but whisking an egg with Parmesan and stirring it into the hot soup gives it an especially comforting finish.

The Secret Is in the Broth

Because there are so few ingredients in pastina soup, the broth really matters.

Traditionally, pastina is made with **homemade chicken broth or another flavorful Italian broth**. This is not the place to hide a bland broth behind lots of ingredients.

If you have homemade chicken broth, this is the perfect recipe for it.

Bring the broth to a gentle simmer, add the pastina, and cook until the pasta is tender. That’s really the heart of the recipe.

Should You Add an Egg?

There are several traditional Italian ways to make pastina, and adding an egg is one of them.

For a richer version, beat an egg with freshly grated Parmesan cheese and slowly stir it into the hot broth and pastina. The egg cooks in the hot soup and gives it a slightly creamy, comforting texture.

This is especially good when you want something a little more substantial.

You can also keep it very simple and finish the soup with just **Parmigiano-Reggiano and a little butter**.

What Kind of Pastina Should You Use?

Use whatever tiny pasta you can find.

Some traditional choices include:

- Stelline – tiny stars
- Acini di pepe

- Anellini
- Fregolina or other very small soup pasta

The exact shape isn’t what makes the soup authentic. **The idea is tiny pasta cooked in a flavorful broth.**

Storage & Reheating

Refrigerate: Store leftover pastina soup in an airtight container in the refrigerator for up to **3 days**. Keep in mind that the pastina will continue to absorb the broth as it sits.

Reheat: Gently reheat the soup on the stovetop over medium-low heat, stirring occasionally. Add **extra hot chicken broth as needed** until the soup reaches your desired consistency. You can also reheat individual portions in the microwave, adding a splash of broth before heating.

Always Save Extra Broth: I recommend making extra homemade chicken broth and storing it separately. **Pastina absorbs a lot of broth**, especially overnight, so having extra homemade broth on hand makes reheating leftovers easy and keeps the soup from becoming too thick.

Freeze the Broth: Extra homemade chicken broth can be frozen in individual portions for future soups, sauces, risotto, or whenever you need a flavorful homemade broth.

More Italian Recipes You’ll Love

If you love simple Italian comfort food, be sure to try some of my other homemade favorites. My **Italian Holiday chicken soup** is another comforting classic, and my **Mama’s Meatballs** are perfect when you’re looking for that traditional Italian Sunday-dinner flavor.

And if you’re making this pastina soup because you have

homemade chicken broth on hand, don’t stop there—save some broth in the freezer for another comforting Italian meal.

Make This Recipe

If you make my **Authentic Italian Pastina Soup**, I would love to hear how you make yours. Did you add the shredded chicken, or keep it simple with pastina, Parmesan, and broth?

Leave me a comment below and let me know, and don’t forget to save this recipe for the next time you’re craving a warm bowl of Italian comfort food.

You can also **share this recipe with someone who loves traditional Italian cooking** and pin it to Pinterest so you can easily find it later.

Kitchen Tools You’ll Need

You don’t need a lot of special equipment to make this Italian Pastina Soup, but a few good kitchen tools make preparing the homemade chicken broth much easier.

Large Stockpot – A large, heavy-bottomed stockpot gives the chicken, vegetables, and water plenty of room to simmer and makes a generous batch of homemade broth.

Immersion Blender – This is my favorite way to puree the cooked carrots, celery, onion, and garlic right into the broth. It’s quick, easy, and means you don’t have to transfer hot vegetables to a blender.

Fine-Mesh Strainer – A fine-mesh strainer is helpful when you want a clear, smooth broth before adding the pureed vegetables back in.

Dutch Oven – If you don’t have a stockpot, a large Dutch oven works beautifully for making the chicken broth and finishing the soup.

Box Grater – Freshly grated Parmesan makes such a difference in pastina soup. A good box grater makes quick work of grating a wedge of Parmesan.

Freezer Containers – I like making extra homemade chicken broth and freezing it in portions. That way, you can have homemade broth ready whenever you're craving a bowl of pastina soup.

Authentic Italian chicken Pastina Soup



This authentic Italian chicken Pastina Soup starts with a rich homemade chicken broth made with bone-in chicken, carrots, celery, onion, and garlic. The vegetables are pureed right into the broth, giving the soup wonderful flavor and body. Tiny pastina is cooked directly in the broth and finished with Parmesan. For an even heartier bowl, shred some of the cooked chicken and return it to the soup.

For the Homemade Chicken Broth

- 2 1/2 -3 Lbs. bone-in chicken pieces, such as thighs, legs, breasts, or a combination
- 3 medium carrots, peeled and cut into large pieces
- 3 stalks celery cut into large pieces
- 1 large yellow onion, peeled and quartered
- 2 cloves garlic , peeled

- 10 cups water
- 1 Tbsp salt or to taste

For the Pastina Soup

- 8 cups homemade chicken broth, including the pureed vegetables
- 1 cup pastina, such as stelline or another tiny soup pasta
- 2 Tbsp butter
- 1/2 cup freshly grated Parmesan cheese, plus more for serving
- Salt and freshly ground black pepper, to taste

Optional Egg and Chicken Finish

- 1 large egg
- 1/3 cup freshly grated Parmesan cheese
- 1 -2 cups shredded cooked chicken from the broth

1. ## Make the Chicken Broth

   Place the bone-in chicken, carrots, celery, onion, and garlic in a large stockpot .Add the cold water and salt. The chicken and vegetables should be completely covered. Bring the pot slowly to a boil. Reduce the heat to low and gently simmer for about 1 ½ to 2 hours, partially covered, until the chicken is completely cooked and tender and the broth is flavorful.

2. Remove the chicken from the pot and place it on a plate. Allow it to cool enough to handle. Remove and discard the skin and bones, then shred the chicken if you want to add it back to the soup. Remove the carrots, celery, onion, and garlic from the broth. Transfer the vegetables to a blender or food processor with about 1

cup of the broth. Puree until smooth. Return the pureed vegetables to the broth and stir well. Taste and adjust the salt.

3. ## Make the Pastina Soup

   Bring 8 cups of the homemade broth with the pureed vegetables to a gentle boil. Add the pastina and cook according to the package directions, usually about 5 to 7 minutes, stirring occasionally so the tiny pasta doesn't stick together. Stir in the butter and ½ cup Parmesan cheese. If using the shredded chicken, add 1 to 2 cups to the soup and heat until warmed through.

4. ## Optional Egg and Parmesan Finish

   For an extra-rich traditional-style finish, whisk the egg and 1/3 cup Parmesan together in a small bowl.Reduce the soup to low heat. Slowly drizzle the egg and Parmesan mixture into the hot soup while stirring continuously.Continue stirring for about 1 minute, until the egg is cooked and incorporated into the soup.Taste and adjust the seasoning with salt and freshly ground black pepper.Ladle into bowls and serve immediately with additional freshly grated Parmesan.

For the best pastina soup, cook the pastina just before serving. Those tiny pasta shapes continue absorbing the broth as they sit, so the soup can quickly become thick. If you have leftovers, simply add a little extra hot chicken broth when reheating to bring it back to the perfect consistency.

Main Course, Soup

Italian

Italian chicken Pastina Soup