

# Easy cheesy stuffed shells

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When you're craving a cozy, cheesy pasta dish that feels like a warm hug, these cheesy stuffed shells are the answer. This Italian classic combines tender pasta shells filled with a creamy ricotta blend, topped with my rich Bolognese sauce and baked to a bubbly perfection. It's the kind of meal that brings everyone to the table wanting seconds.

One of the best things about this recipe is how make-ahead friendly it is. You can assemble the stuffed shells a day or two in advance, store them in the fridge, and simply bake when you're ready to serve. It's also freezer-friendly, making it perfect for meal prepping or having a ready-made meal for busy nights. I'm using my rich Bolognese sauce for extra heartiness, but you can easily keep it vegetarian by using my easy marinara sauce instead. Whether you're planning for a weeknight dinner or hosting family and friends, these easy cheesy stuffed shells bring all the Italian flavors with minimal effort.

## Why you will love this easy cheesy stuffed shell recipe

**Simple ingredients:** You probably have most of them in your pantry or fridge.

**Make ahead friendly:** Perfect for prepping ahead and popping it in the oven when needed.

**Customizable:** Add cooked ground beef or Italian sausage to the filling for a twist.

These easy cheesy stuffed shells are the perfect blend of creamy, hearty, and comforting – everything you want in a classic Italian meal. Whether you make them ahead for a busy night, serve them to guests for a cozy gathering, or freeze a batch for those days when you need something quick and delicious. With the option to keep it vegetarian with my easy marinara sauce or add a rich Bolognese sauce, these stuffed shells are as versatile as they are delicious.

Serve them with a simple salad and garlic bread and you have a meal that feels like a warm hug from your kitchen. I hope this recipe brings as much comfort to your home as it does my. Buon appetito!!!!

## Ingredients

- 4 cups my Bolognese sauce
- 1 Lb. large shells
- 3 cups ricotta cheese
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella divided
- 1 egg
- 2 Tbsp. chopped Italian parsley

## Instructions

1. Start by cooking the shells in salted boiling water *al dente*
2. In a bowl mix the ricotta, spinach, parsley, egg, 1/2 the amount of parmesan and 1/2 the amount of mozzarella. Salt and pepper to taste
3. Fill a pastry bag or use a spoon to fill the precooked shells with the ricotta filling
4. Line an oven proof casserole dish with half of the Bolognese sauce. Place the stuffed shells in a single layer on top. Top the shells with the remaining Bolognese sauce, and the remaining parmesan and

mozzarella cheese.

5. Bake in a preheated 375- degree oven for 30- 40 minutes, or until the cheese is bubbly. ENJOY!!!
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## **Cheesy Italian potato croquettes**

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Golden, crispy, and packed with melty cheese. Italian potato croquettes are the perfect appetizer or side dish for any occasion, These cheesy potato croquettes are made with creamy mashed potatoes, rich pecorino Romano, mozzarella and a sprinkle of Italian parsley, then coated in crunchy breadcrumbs and fried to a golden deliciousness. Whether you're serving them as a snack, party bite or alongside your favorite Italian meal, these croquettes are additive.

If you love classic Italian street food, these homemade potato croquettes (crocchette di patata in Italian) will transport you straight to the heart of Naples. With their crispy exterior and gooey cheese filling, they're a crowd -pleaser and go beautifully served with my easy marinara sauce.

## **What to know about this cheesy**

# Italian potato croquette recipe

One of the best things about cheesy Italian potato croquettes is their versatility- especially when it comes to using left over mashed potatoes. If you have extra mashed potatoes from a previous meal, this recipe is a fantastic way to repurpose them into something crispy, golden, and delicious. Leftover mashed potatoes often have added butter and milk, which can add even more flavor to the croquettes. Just be sure they aren't too runny: if needed , you can firm them up by adding a bit more grated cheese and flour to help with consistency.

If you're starting from scratch, making fresh mashed potatoes for croquettes is simple and worth the effort. Boil peeled, uncut, russet or Yukon gold potatoes until fork- tender , then just mash them with just enough butter and salt to enhance their flavor without making them too soft. You want a firm potato mixture that holds it's shape when formed into croquettes. Chilling the mixture before forming the croquettes makes the process much easier, as it helps firm up the texture and prevents them from falling apart. Letting the mixture rest in the fridge for at least 30 minutes-or even overnight- ensures the croquettes hold their shape when rolling. coating and frying, resulting in a perfectly crisp and golden exterior.

Whether you're using leftover mashed potatoes or making them fresh, these cheesy Italian potato croquettes are delicious!!!! Please leave me a comment when you make this. I love hearing from you. It's my favorite part and it helps others. THANKS!!!!

## Ingredients

- 3 cups oil for frying ( canola olive-oil blend)
- 3 large potatoes
- 2 eggs slightly beaten

- 1 cup grated pecorino Romano cheese
- 1/3 cup flour
- 2 Tbsp. chopped Italian parsley
- 6 mozzarella sticks cut in half
- Salt and pepper to taste
- FOR THE COATING
- 2 large eggs slightly beaten
- 1 cup breadcrumbs
- 1/2 cup grated parmesan
- 2 Tbsps. chopped Italian parsley

## Instructions

1. Peel the potatoes and cook uncut in boiling salted water until fork tender. Then mash or rice them
2. In a bowl combine the mashed potatoes, beaten eggs, flour, pecorino Romano, and parsley. Salt and pepper to taste.
3. Mix well to combine, the consistency should be wet enough to form but dry enough as to not fall apart.
4. Using a tablespoon or cookie scoop grab roughly a 1/4 cup of the potato mixture place in the palm of your hand and place a piece of mozzarella cheese in the center than roll into log shape about 2 inches long. Repeat the process for all the potatoes. You should have 10 -12 croquettes.
5. FOR THE COATING AND FRYING
6. Place the slightly beaten eggs in a bowl in another add the breadcrumbs, grated Pecorino Romano, and Italian parsley
7. Dip each potato croquette first in the egg then roll each one in the breadcrumb mixture. Lay on a parchment lined baking sheet. At this time they can be placed in the refrigerator to set up ( can be left overnight) or fried right away.
8. In a heavy pot heat 1 inch of the oil to 350 F.
9. Once the oil reaches frying temperature begin frying the

croquettes in batches as to not overcrowd the pan 5-6 minutes or until golden on both sides.

10. Sprinkle with additional salt if preferred and chopped Italian parsley. ENJOY!!!

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## **Quick and easy salmon piccata**

## **Quick and easy Salmon piccata**

If your looking for a quick and easy salmon recipe that delivers restaurant- quality flavor, this salmon piccata is the perfect choice. In less than 30 minutes, you can have a bright, buttery and lemony dish that's full of classic Italian flavors. With its simple ingredients- fresh salmon fillets, zesty lemon, briny capers , and a silky white wine sauce- this one-pan salmon piccata is a dinner dream. Plus, it's naturally low – carb, packed with omega-3s . and incredibly delicious.

Whether you're a fan of traditional chicken piccata or just love seafood dishes with bold flavors, this pan -seared salmon recipe will become a go- to favorite. It goes beautifully with pasta, mashed potatoes and vegetables, Best of all, this easy salmon recipe requires minimal prep and comes together quick- perfect for busy nights when you want something impressive without the fuss.

## **Why you will love this quick and easy salmon piccata recipe**

You are going to love this easy salmon piccata recipe because it's the perfect balance of fresh, healthy ingredients with

rich buttery goodness – all made in one pan ! The tangy lemon and briny capers cut through the richness of the salmon, while the silky wine sauce brings everything together for a dish that taste like it came straight from an Italian trattoria.

Not only is this salmon piccata recipe quick and easy, it's also healthy and versatile. Plus, with minimal prep and easy cleanup, it's the ideal weeknight dinner that feels gourmet without extra effort. Whether you're cooking for family, date night or just treating yourself, this quick and easy salmon piccata is guaranteed to be a winner!!!

## Ingredients

- 1 1/2 Lb. Salmon filet
- 1/4 cup flour
- 1 Tbsp. olive oil
- 2 Tbsp. butter + 1 Tbsp.
- 1/2 cup white wine
- 1 cup chicken stock
- juice from one lemon
- 1 lemon sliced
- 1/2 cup capers
- 2 Tbsp. freshly chopped Italian parsley

## Instructions

1. Start by washing the salmon pat dry . Salt and pepper to taste, Cut into 2 or 3 equal pieces depending on your preferred amount
2. Lightly coat the salmon in flour
3. In a saute pan over medium high heat in the butter and olive oil sear the salmon on all sides. Remove and set aside
4. In the same pan add the onion and garlic and saute until soft and translucent .
5. Deglaze the pan with the wine, waiting until it is

absorbed before adding the chicken stock, lemon juice, sliced lemon slices from one lemon. and capers. Simmer the sauce for 10 minutes or until it begins to thicken. Add in an additional 1 Tbsp. of butter.

6. Remove the lemon slices. Return the salmon back to the sauce and baste the salmon with the lemon sauce, for about 3-4 minutes or until the salmon is cooked to your preferred doneness, then add in the Italian parsley
  7. Plate pour the sauce over, serve with lemon slices.
- ENJOY!!!

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## **Stuffed pork tenderloin Wellington**

## **Stuffed Pork Tenderloin Wellington**

When you want to impress- whether it's date night, a special occasion or just because- this stuffed pork tenderloin delivers, Juicy pork tenderloin filled with a savory mushroom filling and then wrapped in golden, flaky puff pastry- yeah it's drool worthy.

This version takes the classic beef wellington and swaps out the beef for succulent pork tenderloin and levels up the flavor by stuffing it with a rich Italian – inspired filling.

# How To make this Stuffed pork tenderloin wellington more manageable

1. Prep the filling in advance: cook and refrigerate the filling up to a day ahead of time. This prevents the pastry from becoming soggy and saves time.
2. Butterfly and stuff the pork: Do this in advance and roll it tightly in plastic wrap. This step can also be done up to one day before your ready to bake the tenderloin.
3. Assemble and freeze : You can fully assemble the pork tenderloin wellington (stuffed , wrapped in pastry and egg- washed) and freeze it unbaked. When ready to cook , bake straight from frozen adding 15 – 20 minutes to the cooking time.

By prepping ahead , you'll make this Stuffed Pork tenderloin recipe much more manageable while still delivering a stress free impressive and delicious result.

## Ingredients

- 1 pork tenderloin ( about 1.5 lbs.)
- 2Tbsp. olive oil
- 1 Tbsp; butter
- 2 Tbsp. Dijon mustard
- 1 sheet puff pastry
- Mushroom filling
- 8 oz. cremini or button finely chopped
- 1 minced Shallot
- 1 Tbsp. minced garlic
- 1/2 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 egg + 1 egg yolk for the egg wash
- 2 Tbsp. chopped Italian parsley

- Salt and pepper to taste

## Instructions

1. Preheat your oven to 400- degrees
2. Clean the pork removing the silver skin – It's that shiny white-silver membrane running along one side of the tenderloin with a sharp knife
3. Then butterfly the tenderloin slice it length wise almost all way through- think open book.
4. Pound it with a meat mallet or rolling pin until it's an even thickness, about 1/2 inch thick. salt and pepper to taste.
5. Make the filling
6. In a saute pan over medium high heat in the olive oil and butter saute the shallots and garlic until soft and translucent
7. Add the mushrooms cook until brown and all the liquid is absorbed.
8. In a bowl slightly beat the egg, add in the breadcrumbs, parmesan cheese, parsley and the cooked mushroom mixture. Mix to combine
9. Spread the stuffing down the center of the pork tenderloin
10. Carefully roll it up jelly roll style. Then tightly wrap it in plastic wrap and chill for at least 30 minutes.
11. Then unwrap and spread with the mustard and roast in a preheated 400- degree oven for 10 minutes. Set aside and cool slightly just enough time to handle without burning your hands, then spread with the mustard
12. On a lightly floured broad roll out the puff pastry and place the pork roll in the center. Wrap the pastry around it. tucking in the edges.
13. Place it seam-side down on a parchment lined baking sheet
14. Brush the top with a slightly beaten egg yolk. Score the top. Bake in a preheated oven for 25-30 minutes or until

the puff pastry is golden brown.

15. Let rest for 10 minutes before slicing. ENJOY!!!!!!

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## **Italian Cauliflower pasta alfredo**

## **Italian Cauliflower pasta alfredo**

This creamy Italian cauliflower pasta alfredo is a lighter twist on the classic alfredo sauce while still full of rich flavor. Instead of heavy cream , this dish uses pureed cauliflower and milk to create a luscious sauce that coats every strand of pasta. It's the perfect way to sneak in some extra vegetables without sacrificing flavor. This recipe is proof you don't need heavy cream for a comforting past dish. Plus, It's so easy to make!!!

## **Why you'll love this Italian cauliflower pasta alfredo**

Traditional alfredo sauce relies on lots of butter and cheese, this version gets its creaminess from cauliflower.

This pasta dish has all the comforting flavors of a classic alfredo but with a healthier twist.

This cauliflower sauce can be used over vegetables, chicken or even as a dipping sauce for bread.

This Italian Cauliflower pasta alfredo dish comes together in about the same time it takes to cook the pasta, making it an easy and delicious option for a quick weeknight dinner.

## Ingredients

- 1/2 Lb. fusilli.
- 4 cups cauliflower florets
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups milk
- 1 cup pasta water
- 1 cup parmesan cheese
- 1 Tbsp. chopped Italian parsley
- Salt and pepper to taste

## Instructions

1. Start by cleaning the cauliflower and cutting into florets. Then boil the cauliflower in salted water until soft.
2. Remove the cauliflower and mash into a puree set aside while you make the sauce and cook the pasta according to package directions
3. In a saute pan over medium high heat in the olive oil and butter saute the onion and garlic until soft and translucent.
4. Add the milk and pasta water, return the mashed cauliflower back to the pan and cook an additional 5 minutes. Then add in the grated parmesan cheese.
5. Adjust your seasonings (salt and pepper) to fit your taste.
6. Plate, top with more cheese and chopped Italian parsley. ENJOY!!!!

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# Heart shaped fondant potatoes

## Heart shaped fondant potatoes

When it comes to elevating a simple potato into something elegant and unforgettable, heart-shaped fondant potatoes are a must-try. Originally a French technique, fondant potatoes are known for their crispy golden crust, rich buttery flavor, and melt-in your texture. But why settle for ordinary when you can turn them into heart-shape delights.

These easy heart-shaped fondant potatoes are the perfect way to add a little extra love to your plate- whether you're planning a romantic dinner, a cozy meal for yourself or even a special family gathering. The beauty of this dish is in its contrast: a crispy caramelized exterior gives way to an ultra creamy interior, thanks to a slow simmer in broth and butter.

## Why you 'll love these heart shaped fondant potatoes

**Visually stunning:** The heart shape makes them perfect for Valentine's Day, anniversaries. or anytime you want to impress.

**Incredible flavor:** The slow cooking process infuses the potatoes with rich , buttery goodness with a hint of earthiness from the herbs.

**Crispy and Tender:** The combination of searing and braising the potatoes creates the ideal texture- crispy on the outside and melt in your mouth tender on the inside.

Not only are these heart-shaped fondant potatoes visually stunning and delicious, but they're also easy to make with just a handful of basic pantry ingredients. You don't need any fancy technique – just good potatoes, butter, broth, and a little patience. The process is easy enough for a weeknight family meal and fancy enough for Saturday night dinner with friends.

Whether you're an experienced home cook or a beginner looking for a foolproof way to elevate your side dishes, this heart-shaped fondant potato recipe delivers a restaurant-quality result without the stress!!!

## Ingredients

- 4 large russet potatoes
- 3 Tbsp. butter
- 2 Tbsp. olive oil
- 1 cup chicken or vegetable stock
- 2 smashed garlic cloves
- 2-3 sprigs thyme and rosemary
- Salt and pepper to taste

## Instructions

1. Peel and cut your potatoes into 1 -1 1/2 inch tall rounds
2. Use a small heart shaped cookie cutter to cut out heart shapes from each round. Or they can be left round shape. Use a potato peeler to smooth the edges of the the potatoes
3. Heat the oil in a skillet over medium high heat add the potatoes in a single layer and sear until golden brown on both sides ( about 4-5 minutes pre side)
4. Add the broth, garlic, thyme and butter to the pan.
5. Reduce the heat to medium low, cover and simmer 15-20 minutes, or until the potatoes are fork tender. Or they

can be roasted in the oven in an oven proof skillet for 30 minutes in a 375-degree preheated oven.

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## **Semolina Gnocchi Romana recipe**

## **Semolina Gnocchi Romana recipe**

This Semolina gnocchi Romana recipe is a traditional baked semolina gnocchi dish from Rome. Unlike traditional potato – based gnocchi these gnocchi are made with semolina flour, milk, butter, eggs and pecorino cheese. The dough is cooked like a thick porridge, spread out, then cut into rounds or squares before being layered in a baking dish. They are then topped with melted butter and pecorino Romano cheese, and baked until golden brown and crispy on top.

The result is a rich , creamy , slightly crispy gnocchi dish with a delicate nutty flavor from the browned butter and pecorino. Semolina gnocchi Romana is often served as a first course and pairs well with a simple salad or roasted meats. It's a comforting rustic dish that showcases the simplicity and elegance of Italian cuisine.

## **Sauce Variations for this Semolina**

# gnocchi Romana recipe

1. Truffle cream sauce: Saute minced garlic in butter, then add heavy cream, some pecorino Romano, and a drizzle of truffle oil. Simmer until thickened, then pour over the gnocchi before baking for a luxurious twist.
2. Tomato basil sauce: Make a simple sauce by sauteing garlic in olive oil, then adding crushed San Marino tomatoes, salt and fresh basil. simmer until thick . then spoon over the baked gnocchi for a slightly tangy taste.
3. Gorgonzola Walnut Sauce: Melt gorgonzola in a pan with a splash of milk or cream, then stir in chopped toasted walnuts. Drizzle over the gnocchi before baking for a bold, creamy and nutty flavor.

Each of these variations adds a unique flavor to this classic semolina gnocchi Romana recipe while still staying true to its rich and comforting beginnings, ENJOY!!!!

## Ingredients

- 3 cups milk
- 1 cup semolina flour
- pinch of nutmeg
- 1 egg
- 1 cup grated pecorino Romano
- salt and pepper to taste
- SAUCE INGRIDENTS
- 1/2 stick melted butter
- 1/2 cup grated pecorino Romano

## Instructions

1. brush a 10 x 12 baking sheet with olive oil
2. In a sauce pan over medium high heat bring milk ,salt and nutmeg to a low boil.

3. Very slowly in a steady stream add the semolina flour stirring continually with a wisk to avoid lumps
  4. Continue cooking uncovered for 10 -15 minutes stirring frequently. The mixture will be very thick and pull away from the sides of the pan when it is ready to be removed from the fire.
  5. In a small bowl wisk the egg with the 1 cup of pecorino cheese. Add this to the semolina mixture mixing until well combined.
  6. Spread the gnocchi mixture unto the prepared baking sheet. Use damp fingers to press the mixture smooth to a 1/4 inch thickness. Refrigerate for at least 60 minutes
  7. Spread a shallow oven proof casserole dish with butter.
  8. once the semolina is firm cut out circles using a 2 inch cookie cutter or glass of the similar size.
  9. Arrange the gnocchi circles overlapping each other in the prepared casserole dish.
  10. Melt the remaining 1/2 stick of butter in the microwave. Pour the melted butter over the gnocchi, top with the remaining pecorino Romano, and bake in a preheated 375-degree oven for 25-30 or until the top is golden . Sprinkle with additional cheese and chopped Italian parsley. ENJOY!!!
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## **Sour dough Artisan Bread**

## **Sour dough artisan bread**

There's nothing quite like the crisp crust and airy crumb of a good sourdough artisan bread, a timeless staple made with just flour , water, salt and patience. This sour dough Artisan

bread recipe is the bread recipe you have been looking for easy and delicious.

My girlfriend gave me some sour dough starter, that someone gave to her, and so on. There are stories some sour dough starters can be hundreds of years old.

A women somewhere in the United States claims her is 122 years old. I like to think my was part of ancient ancestry. The process is simple, whatever you use from the starter is replaced called "feeding the starter" with equal parts of flour and water, I use 1/2 cup of flour to 1/3 cup of water.

The starter is ready when it appears frothy with air bubbles and has a sour smell. This process takes a few hours, longer if you keep your starter in the refrigerator, I keep my on the counter top. It will also let you know when it's hunger, it falls flat, you can revive it by feeding it.

Not all of us are so lucky to have sour dough starter passed down to us from our bread baking friends. Thankfully, making mother sourdough starter is as simple as stirring together equal parts of flour and water and letting it sit. no expensive heirloom starters, or mysterious rituals required. To make the mother starter use the same process as" feeding the starter".

I was looking for a artisan bread recipe that tasted and looked like the bread I bought at the local bakery, well I think I found it.

## **Things to know about this sour dough artisan bread recipe**

If you don't have access to a sour dough starter. Here's how to make your own starter. In a clean jar mix 1 cup wheat flour or unbleached white flour with 1/2 cup of water. After the second day, discard half of the starter ( about 1/2 cup) feed

with fresh 1/2 cup flour and 1/4 cup water and mix well. The starter is ready to use when bubbles form and a tangy yeasty aroma develops and doubles in size. If you want to skip the whole sourdough starter process you can substitute the starter with 2 teaspoons of dry yeast and following the same instructions.

The recipe calls to bake it in a dutch oven, covered the first 30 minutes, uncovered 20 minutes and on the grate the last 10 minutes,

I found the crust too hard when I took it out pan the last 10 minutes so I left it in the dutch oven the whole 30 minutes uncovered.

After many failed attempts experimenting with different flour combinations, I like equal parts of whole wheat and white flour.

Something else I learned in my failed attempts at bread making, more isn't always better, meaning don't over knead the dough. like I did, wondering why the bread was heavy well that's why!!!

I have used the same recipe adjusting the water and flour ratio to make focaccia, pizzas, and flat breads.

## **Ingredients**

1/4 cup sourdough starter

2 cups warm water

4 cups flour

1 tablespoon salt

Instructions

Preheat your oven to 450- degrees

1. Whisk warm water and sour dough starter
2. Add flour and salt
3. Knead dough lightly on floured board
4. Form into circle place in a covered bowl.
5. Let raise 8 to 10 hours or over night

The second raise

6. After the dough is almost doubled knead lightly to form a disk
7. Return to bowl cover dust with flour
8. Let raise for 1 hour
9. Transfer dough to covered Dutch oven with the tip of a sharp knife score bread with X
10. Bake covered for 30 minutes
11. Uncover cook 30 minutes longer

Cool slightly before slicing. ENJOY!!!

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## **Italian roasted lemon chicken dinner**

# Italian roasted lemon chicken dinner

There's something truly comforting about a classic Italian roasted lemon chicken dinner. With its golden, crispy skin, juicy meat, and bright citrus aroma, this dish is a staple in Italian kitchens.

This dish holds a special place in my heart because it was the first meal I learned how to cook. I still remember nervously following my mother's instructions, carefully seasoning the chicken and peeking into the oven every few minutes to make sure I wasn't burning it. But when I finally pulled it out, golden and fragrant, I felt an immense sense of pride – like I had mastered a little piece of tradition. What makes this Italian – inspired roasted chicken recipe stand out is how easy it is to make. A handful of quality ingredients come together effortlessly to create a meal that tastes and looks like it took hours to prepare. Add some cut potatoes and you have a complete meal that can be on your table in less than 1 hour.

## Here's why this Italian roasted lemon chicken dinner is so easy

This Italian roasted lemon chicken dinner is incredibly easy to make because it requires minimal prep, simple ingredients and a hands – free cooking method. The seasoning is as straightforward as mixing olive oil, lemon juice, garlic and herbs, then rubbing it into the chicken. There's no complicated marinating or advanced techniques- just a few minutes of prep and the oven does the rest.

Adding potatoes to this Italian roasted chicken dinner makes it a complete meal with minimal effort. As the chicken roasts,

the potatoes absorbs all the deliciousness of the pan juices. You can also add additional vegetables like carrots, zucchini or what ever fits your taste for an additional nutritional boost. To make this Italian roasted lemon chicken dinner even more easy use a ready-cut chicken. You can also customize this recipe by using more parts of the chicken you like and less of the chicken pieces you don't.

Serve this roasted lemon chicken dinner recipe with a simple green salad and you have a perfectly well- rounded Italian – inspired that feels special yet effortless. Plus everything cooks in one pan , making cleanup a breeze!!!ENJOY!!!

## Ingredients

- 1 whole chicken cut into sections
- 6 medium potatoes peeled and cut into equal cut medium dice
- 3-4 gloves of garlic
- 1 sliced lemon
- juice from 1 lemon
- 2 Tbsp. olive oil
- 1 Tbsp. each onion, garlic and paprika powder
- 2-3 sprigs rosemary
- Salt and pepper to taste

## Instructions

1. Preheat your oven to 400-degrees
2. Prepare your chicken if using a whole chicken cut into sections . Then wash and pat dry.
3. Add the cut chicken to a bowl drizzle with the olive oil, lemon juice, season with the garlic, onion, paprika powder, salt and pepper
4. Transfer the chicken to an oven proof casserole dish.
5. Now prepare the potatoes in the same way as the chicken. Peel, wash them and pat dry. Add them to a bowl and

season them with the same spices you used to season the chicken.

6. Transfer the potatoes next to the chicken.
7. Add the lemon slices, garlic gloves and rosemary sprigs
8. Bake in the preheated oven for 30-35 minutes or until the chicken is golden brown and cooked all the way through and the potatoes are fork tender.
9. Plate the chicken and potatoes pour the pan sauce over them. Top with freshy chopped Italian parsley. Serve with additional fresh lemon slices. ENJOY!!!!

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## Easy vegetarian Zuppa Toscana recipe

### Easy zuppa Toscana recipe

This vegetarian twist on the classic zuppa Toscana recipe, is just as rich , creamy, and comforting as the original, without the sausage. Ready in under 30 minutes and made in one pot, it's perfect for chilly weeknight meals or anytime you crave a bowl of Italian comfort.

Over the years Zuppa Toscana has crossed borders and gained popularity in the United States, thanks to its introduction by Italian – American restaurants. The version most Americans are familiar with is served by a well-known Italian- inspired restaurant chain, which has sparked many home -cooked version of this soup recipe. From adding personal twist to meeting dietary preferences, this beloved soup has many variations, making it a versatile and loved dish in many households.

# Variations for this easy vegetarian zuppa Toscana recipe

1. The original zuppa Toscana recipe uses kale . I used spinach for personal taste and easy excess. Use kale if it fits your taste.

2. You can add protein to this soup by using turkey or chicken sausage and sauteing along with the onions.

3. Replace the potatoes with pillowy gnocchi for a different twist.

4. Substitute potatoes with farro or barley for a Tuscan farmhouse feel. Or make it keto friendly by replacing the potatoes with cauliflower.

Easy zuppa Toscana is a versatile and comforting dish that can be easily adapted to meet different tastes and dietary needs. Whether you keep it classic . lighten it up, add a spicy kick, or swap ingredients like gnocchi or farro, there's a version for everyone. Try experimenting with different ingredients and let me know which version becomes your favorite. ENJOY!!!

## Craving More Cozy Italian Soups?

If you loved this **Easy Vegetarian Zuppa Toscana**, try a few more of my comforting Italian-inspired soups:

- Italian Wedding Soup with Meatballs – classic and hearty, perfect for special occasions or Sunday dinners.
- Creamy Sausage Tortellini Soup – rich, cheesy, and ready in 30 minutes.
- Roasted Butternut Squash Soup – silky smooth with a touch of Italian flavor.
- Italian Escarole and Beans with Sausage – simple,

rustic, and full of flavor.

Each of these soups brings that same cozy, homemade touch that makes Italian cooking so comforting.

## Easy Vegetarian Zuppa Toscana

**Servings:** 4–6

**Cook Time:** 25–30 minutes

### Ingredients

- 3 Tbsp. olive oil
- 1 cup each chopped onion + celery + carrots
- 1Tbsp. minced garlic
- 1 cup small shaped pasta
- 4 cups chicken stock
- 1 cup heavy cream
- 3 cups diced potatoes
- 1 Tbsp. red pepper flakes
- 4 cups spinach
- 1 cup grated parmesan
- salt and pepper to taste

### Instructions

1. In a stock pot or Dutch oven in 2 Tbsp. of olive oil cook the onion, celery, carrots and garlic until soft and translucent.
2. Add the vegetable stock and potatoes and cook until the potatoes are soft. About 10 minutes.
3. Then add in the, cream, pasta, spinach and parmesan cheese and cook 5 minutes longer.
4. Ladle into soup bowls, top with additional parmesan cheese. ENJOY!!!