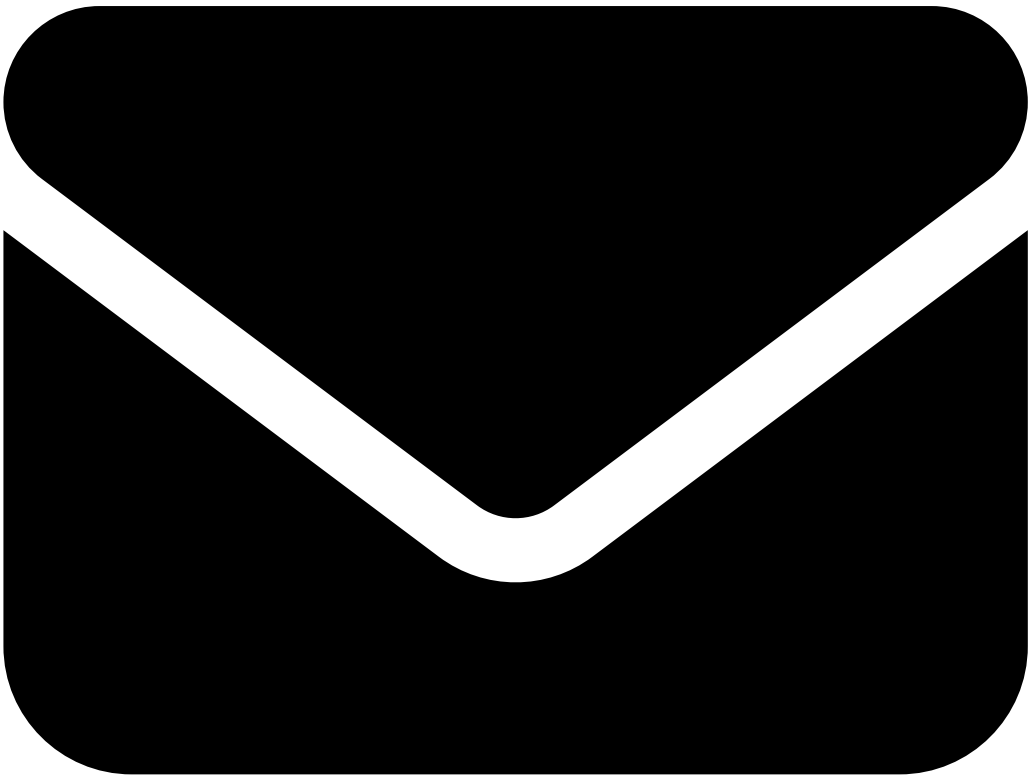
Italian Spring Stew with Artichokes, Fava Beans & Peas (Vignarola Recipe)

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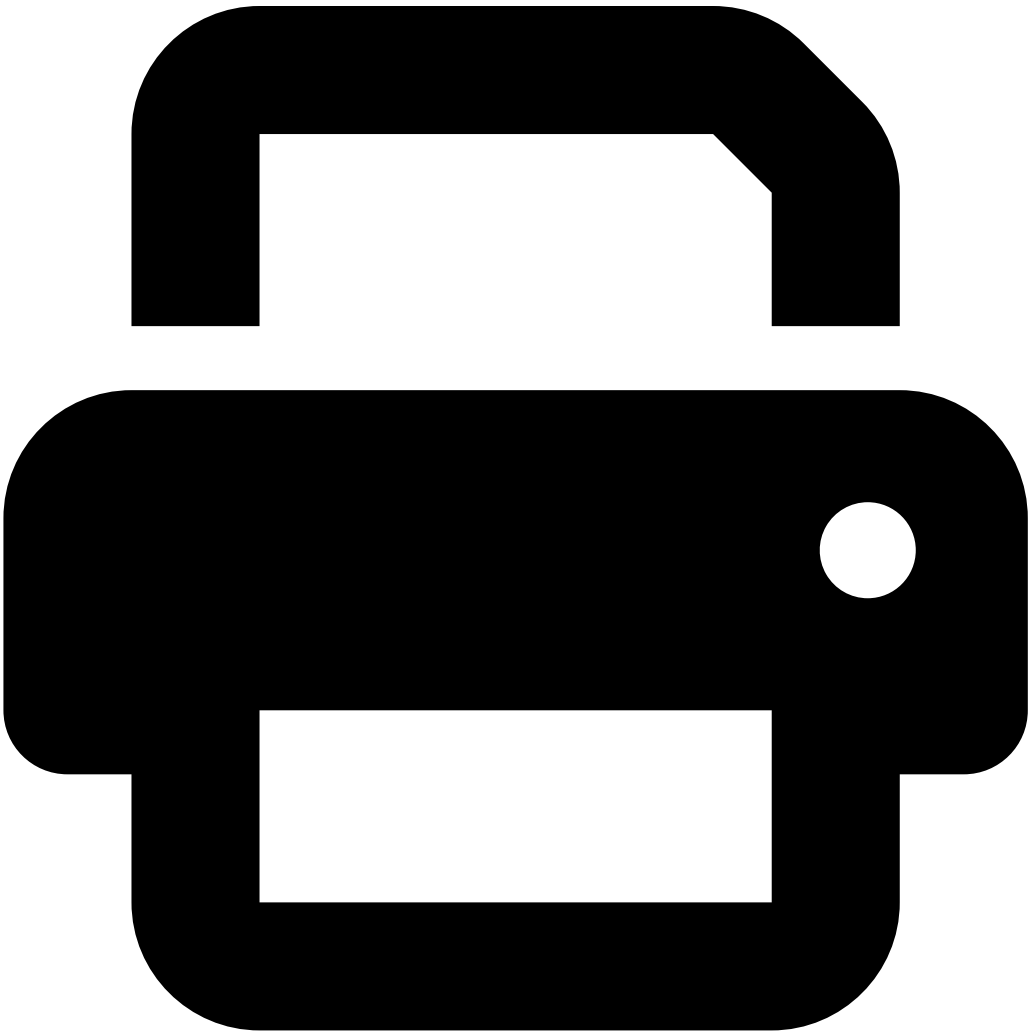
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SMS



If you’ve ever wondered what to do with fresh fava beans, this Italian spring stew is the answer.

This dish, known as *vignarola*, comes from Rome and celebrates everything we love about spring cooking—simple ingredients, minimal fuss, and incredible flavor. Artichokes, sweet peas, and tender fava beans are gently simmered together until soft and silky, creating a light, brothy stew that feels both rustic and refined.

This vegetarian version keeps it fresh and vibrant while still full of classic Roman flavor.

Things to know about Italian Spring

Stew with Artichokes, Fava Beans & Peas (Vignarola Recipe)

- Fully vegetarian and naturally light.
- Should be slightly brothy, not thick.
- Fresh fava beans taste best, but frozen works in a pinch.
- Artichokes take the longest—cook them first.

Variations

Pasta Version
Toss the finished vignarola with short pasta and a splash of pasta water for a simple spring pasta.

Creamy Style
Blend a small portion of the vegetables and stir back in for a silkier texture.

No Fava Beans?
Substitute with edamame or extra peas.

What to Serve with Vignarola

- Grilled or roasted vegetables
- Crusty bread for soaking up the broth
- Or enjoy it as a light main dish on its own

Storage

- Store in an airtight container in the fridge for up to 3 days.
- Reheat gently on the stovetop with a splash of broth or water.
- **Freezing:** This stew freezes well for up to 2 months. Thaw in the fridge overnight and reheat gently on the stove.

If you love simple, seasonal Italian cooking, this

spring stew is one to keep on repeat. Save it for later, and don’t forget to try it as a pasta—it’s a game changer.

For more classic Italian recipes, check out:

- My asparagus lemon pasta
- My minestrone soup
- Or my personal favorite Annelletti al forno Authentic Sicilian baked pasta recipe

Italian Spring Stew with Artichokes, Fava Beans & Peas (Vignarola Recipe)



A classic Italian spring stew made with artichokes, fava beans, and peas. This traditional Roman vignarola recipe is fresh, simple, and full of seasonal flavor.

- 3 Tbsp. olive oil
- 1 cup chopped onion (you can use Spring onions)
- 2 Tbsp. minced garlic
- 3 artichokes (cleaned & sliced)
- 1 cup fava beans (peeled)

- 1 cup peas (shelled)
- 3 cups romaine lettuce (chopped)
- 1 cup white wine
- 1/2-1 cup vegetable stock
- salt and pepper to taste

1. **Build the base** Heat olive oil in a large pan. Add onions and garlic. Cook until soft and fragrant.
2. **Cook the artichokes** Add sliced artichokes first and cook for 5–7 minutes until they begin to soften.
3. **Deglaze** Pour in white wine (if using) and let it reduce slightly.
4. **Add the vegetables** Stir in fava beans, peas, and chopped romaine.
5. **Simmer** Add vegetable broth, cover, and cook on low for 15–20 minutes until everything is tender and silky.
6. **Finish** Season with salt and pepper. Stir in fresh mint or parsley right before serving.

Cleaning Artichokes: Fresh artichokes are beautiful but a little tricky to prep. Start by trimming the tough outer leaves and cutting off the sharp tips. Remove the stem and peel away any fibrous layers until you reach the tender heart. Slice and cook immediately to prevent browning, or toss with a little lemon juice. If you'd rather skip the prep, many grocery stores now sell **pre-cleaned, trimmed artichoke hearts**—perfect for a quick, no-fuss vignarola.

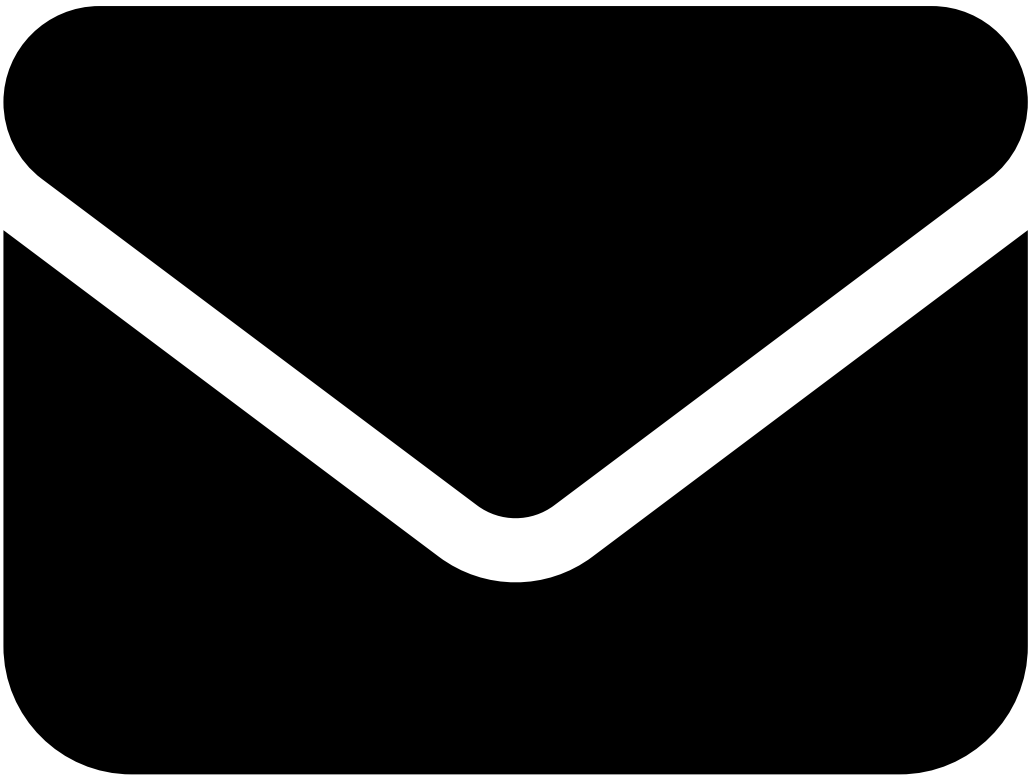
Side Dish
Italian
Vignarola, Italian, stew, artichokes, fava , beans

Italian-Style Vegetable Scarpaccia Roll

Italian style vegetable scarpaccia roll

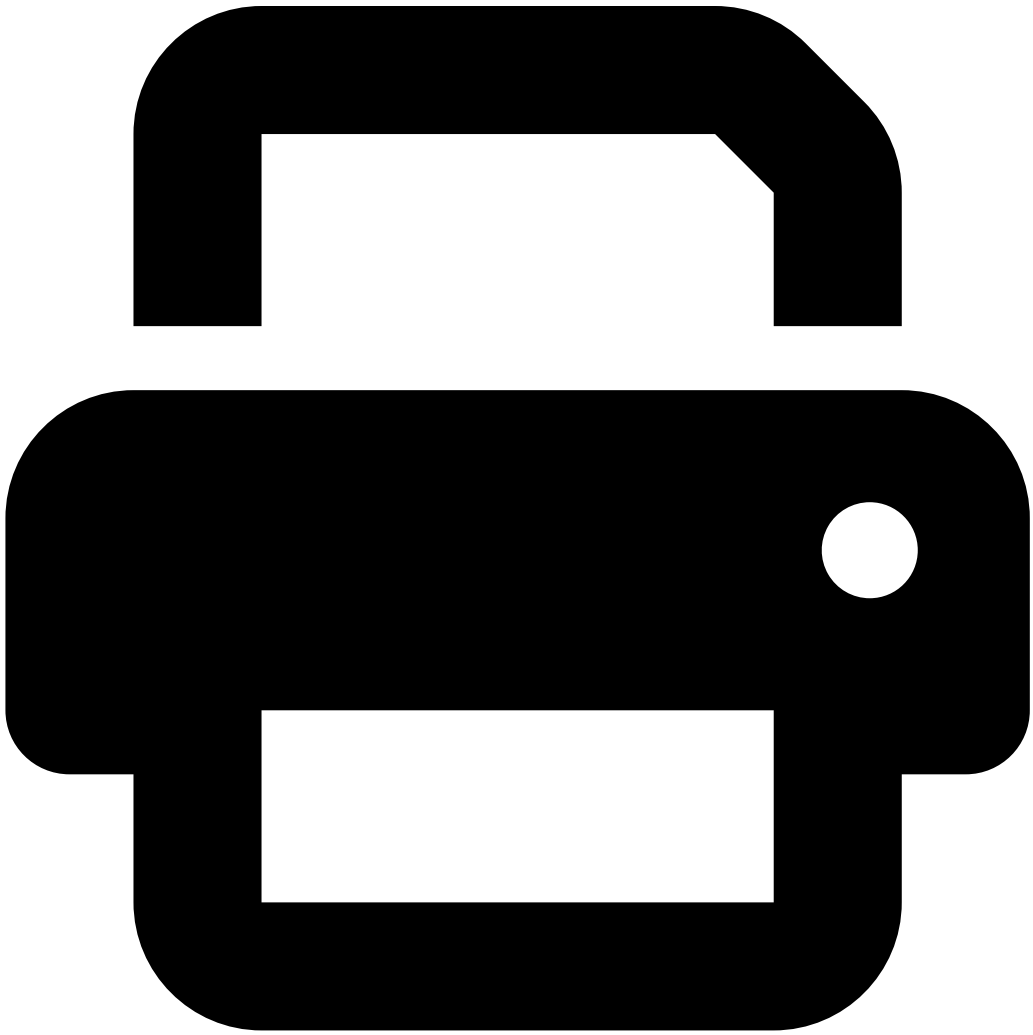
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There’s something about taking a traditional recipe and giving it your own twist that just feels right. This vegetable scarpaccia roll is exactly that—a rustic Italian-inspired bake that turns into something unexpectedly beautiful once it’s rolled, sliced, and served.

If you’ve ever had scarpaccia, you know it’s typically flat, crispy on the edges, and loaded with vegetables. But this version? We’re taking it a step further.

I bake it first until it’s set and lightly golden, then layer it with Italian ham and provolone, pop it back in the oven just until everything melts together, and roll it up while it’s still warm. Once it rests, it slices into the most perfect savory spirals.

It’s simple, comforting, and feels like something you’d find tucked into a small bakery case in Italy.

Things to know about this Italian-Style Vegetable Scarpaccia Roll

- You can swap the vegetables depending on the season
- Add herbs like basil or thyme for extra flavor
- Make it vegetarian by skipping the ham or using grilled eggplant instead
- It rolls best while warm—but slices best once slightly cooled

Serving Suggestions

Slice the roll into 1-inch spirals and serve warm or at room temperature. It’s perfect as part of an antipasto spread with olives, roasted peppers, and a simple salad.

This also works beautifully for:

- Brunch boards
- Light lunches with a side salad
- Holiday appetizers (especially around Easter)

If you love recipes like this, pair it with your **Italian ricotta pie** for a sweet finish or your **asparagus frittata** for a full Italian-style spread.

Storage

- **Refrigerator:** Store leftovers in an airtight container for up to 3–4 days.
- **Reheating:** Warm slices in the oven at 350°F for about 10 minutes, or enjoy at room temp.
- **Freezing:** You can freeze it, but for best texture, freeze before slicing. Wrap tightly and freeze for up to 1 month. Thaw overnight in the fridge and reheat in the oven.

More seasonal recipes to try

- 🍰 *Italian Ricotta Pie* (perfect sweet pairing)
- 🍳 Spinach and potato *Frittata* (great for brunch spreads)
- 🍞 *Italian Easter Bread* (another classic for holidays)

These help turn this into a full menu your readers can come back to again and again 🙌

Italian-Style Vegetable Scarpaccia Roll



A rustic Italian-inspired vegetable scarpaccia roll layered with savory ham and melted provolone, baked to perfection and rolled into beautiful, sliceable spirals—easy, comforting, and perfect for entertaining.

- 2 cups grated zucchini
- 1 cup grated carrots
- 1/2 cup grated onion
- 1 – 11/2 cups water + water extract from the vegetables (Add the water extracted from the vegetables)

- 2 tsp. salt (to help extract the liquid from the vegetables)
- 4 – 6 slices Italian ham or prosciutto
- 4-6 slices provolone cheese

1. **Prep the vegetables** Grate the zucchini, onions, and carrots. Place them in a bowl, sprinkle with salt, and weigh them down (a plate with something heavy on top works well). Let sit for about 1 hour to draw out the liquid.
2. **Don’t waste the liquid** After an hour, squeeze out the vegetables—but **save that liquid**. This is where all the flavor is. You’ll use it as part (or all) of the water for your batter.
3. **Make the batter** In a bowl, combine the drained vegetables with flour, olive oil, pepper, and the reserved vegetable liquid (adding extra water only if needed) until you get a thin, pourable batter.
4. **First bake** Pour onto a parchment-lined baking sheet, spread thin, and bake at 400°F until set and lightly golden, about 20–25 minutes.
5. **Add the filling** Layer with Italian ham and provolone.
6. **Second bake** Return to the oven just until the cheese melts, about 5–8 minutes.
7. **Roll and rest** Roll it up while warm in a clean kitchen towel like a jelly roll, then let it rest 1 hour before slicing.

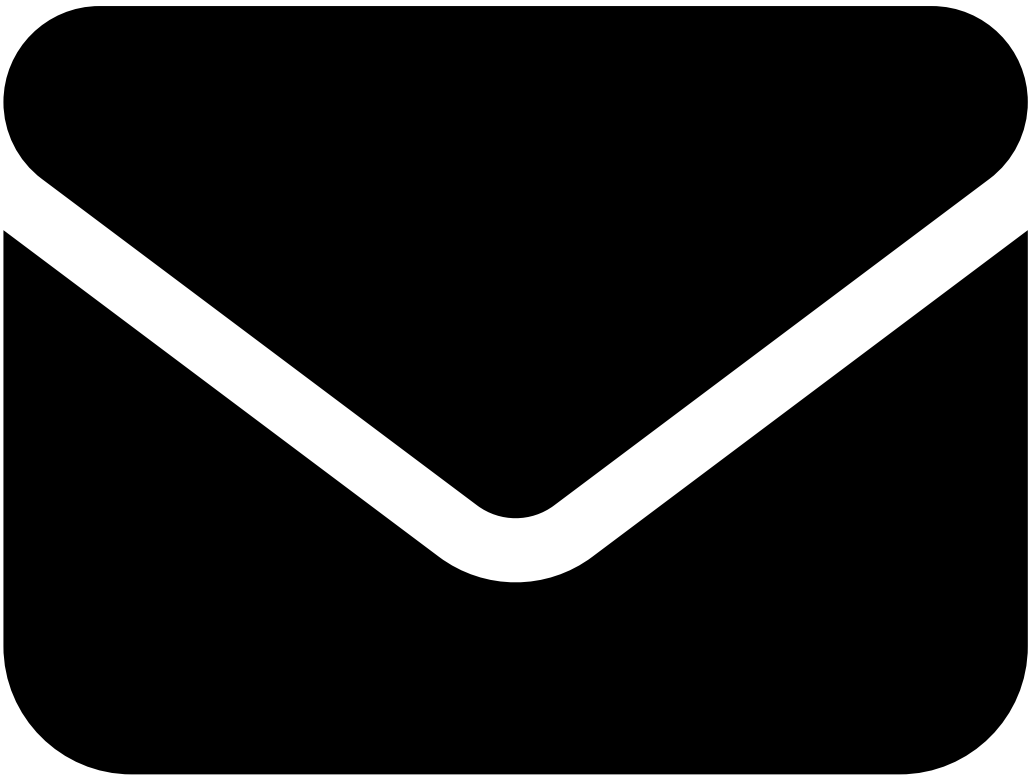
Appetizer
Italian
zucchini, vegetable, rolls, scarpaccia

Italian Kale and Potatoes

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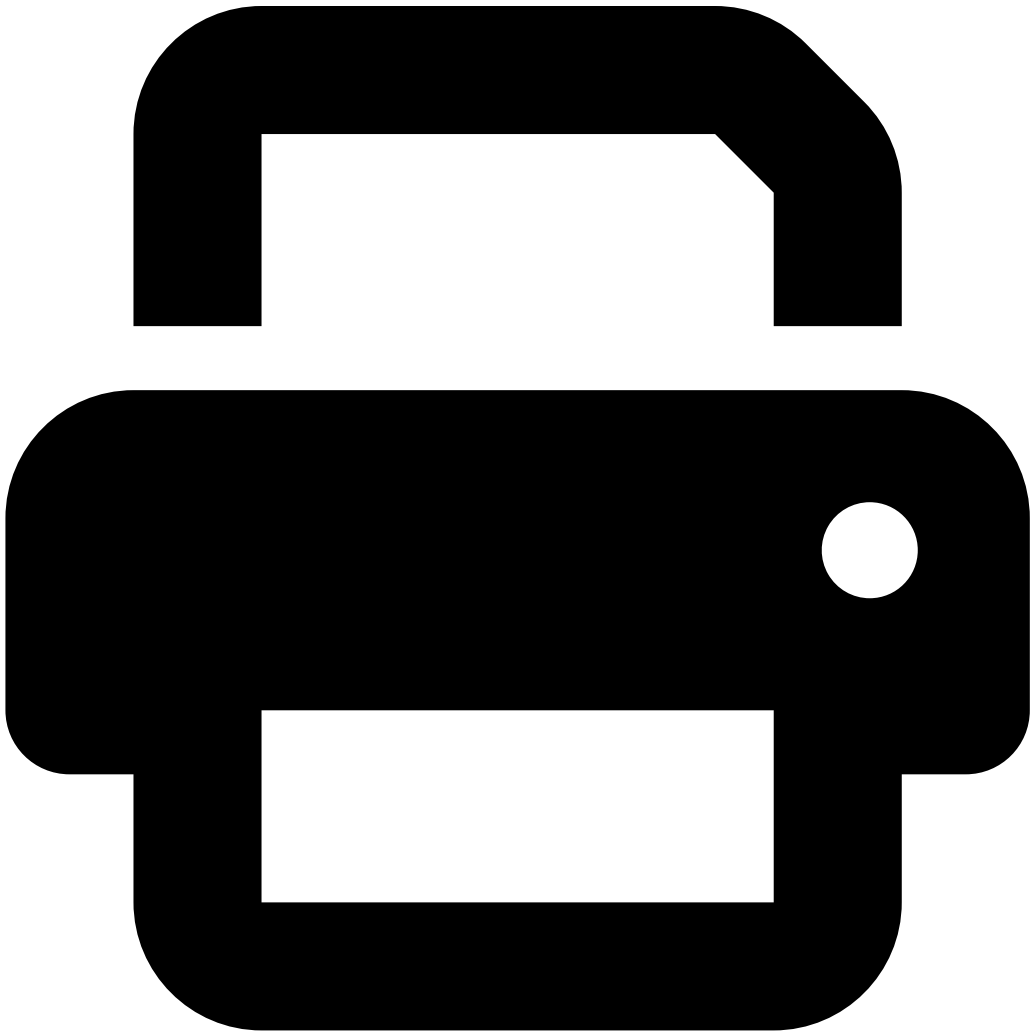









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Tuscan Kale and Potatoes is one of those dishes that reminds us how beautiful simple food can be. In Tuscany, cooking has always been about making the most of what’s growing in the garden and what’s in the pantry. Hearty greens like Tuscan kale — often called lacinato or dinosaur kale — have been a staple in the region for centuries, especially in rustic, peasant-style cooking known as *cucina povera*.

Potatoes, introduced to Italy in the 16th century, eventually became a beloved part of country cooking because they were filling, affordable, and easy to grow. Pair them with sturdy kale, good olive oil, and garlic, and you have the foundation of countless traditional Tuscan dishes — simple, nourishing, and deeply satisfying.

This version adds blistered cherry tomatoes for a little sweetness and brightness, but the heart of the dish stays true to its roots: humble ingredients treated with care. It’s the

kind of food that feels like it belongs on a farmhouse table, served family-style with warm bread and good conversation.

Things to know about this Italian kale and potatoes

- **Don’t skip parboiling** – it ensures the potatoes are creamy inside and golden when sautéed.
- Tuscan kale (also called lacinato or dinosaur kale) holds its texture beautifully in this dish.
- Want to make it heartier? Add white beans or top with a fried egg.
- This dish reheats beautifully the next day.

Serving Ideas

This pairs beautifully with:

- Grilled chicken
- Italian sausage
- Pan-seared fish
- Or simply warm crusty bread and good olive oil

It’s also delicious served at room temperature, making it perfect for gatherings.

Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently in a skillet with a drizzle of olive oil.

Final Thoughts

This is the kind of rustic Italian cooking that proves you don’t need complicated ingredients to create something deeply satisfying. Just good olive oil, fresh vegetables, and a little care.

If you make this Tuscan Kale and Potatoes, let me know in the comments — and don’t forget to share it with someone who loves simple Italian cooking

Bring Rustic Italian Cooking Home

If you loved this Tuscan Kale and Potatoes, you’re going to enjoy some of my other simple, rustic Italian dishes that celebrate humble ingredients and big flavor.

For another cozy vegetable-forward dish, try my **Italian Spaghetti Frittata** — it’s a beautiful way to transform simple ingredients into something special.

If you’re looking to make this a complete meal, serve it alongside my **Italian Meatloaf with Potatoes** for a hearty Sunday-style dinner.

Or keep things classic with my **cod Francese**

And if you love traditional pasta shapes, don’t miss my **Southern Italian Cavatelli** – perfect for pairing with greens and olive oil-based sauces.

Simple ingredients. Timeless recipes. Real Italian flavor.

If you make this dish, leave a comment below and let me know how you served it – I love seeing how these recipes come to life in your kitchen

Italian Kale and Potatoes



Golden potatoes, tender Tuscan kale, and juicy blistered cherry tomatoes tossed with garlic and a little heat . Simple ingredients, big Italian flavor.

- 1 1/2 lbs. potatoes (cubed)
- 1 large bunch Tuscan kale
- 3 Tbsp extra virgin olive oil
- 1 cup cherry tomatoes
- 1 Tbsp. garlic (minced)
- 1 tsp. red pepper flakes

- 1 cup white wine
- salt and pepper to taste

1. ## Parboil the Potatoes

   Bring a large pot of salted water to a boil. Add the cubed potatoes and cook for about 8–10 minutes, just until fork-tender but not falling apart. Add the kale and cook 5 minutes longer Drain and set aside.

2. ## Blister the Tomatoes

   In a large skillet over medium heat, add 1 tablespoon olive oil. Add the cherry tomatoes and cook undisturbed for 3–4 minutes until they begin to blister and burst.

3. ## Sauté the Garlic and Kale

   In the same skillet, add the remaining olive oil. Add the sliced garlic and red pepper flakes, cooking for about 30 seconds until fragrant.

   Add the chopped Tuscan kale and a pinch of salt. Sauté for 4–5 minutes until wilted and tender. deglaze the pan with the white wine

4. ## Bring It Together

   Add the drained potatoes back to the skillet. Gently toss everything together and cook for another 3–5 minutes to allow the flavors to meld.

   Fold in the blistered cherry tomatoes. Season with salt and black pepper to taste.

   Finish with freshly grated Pecorino Romano if desired.

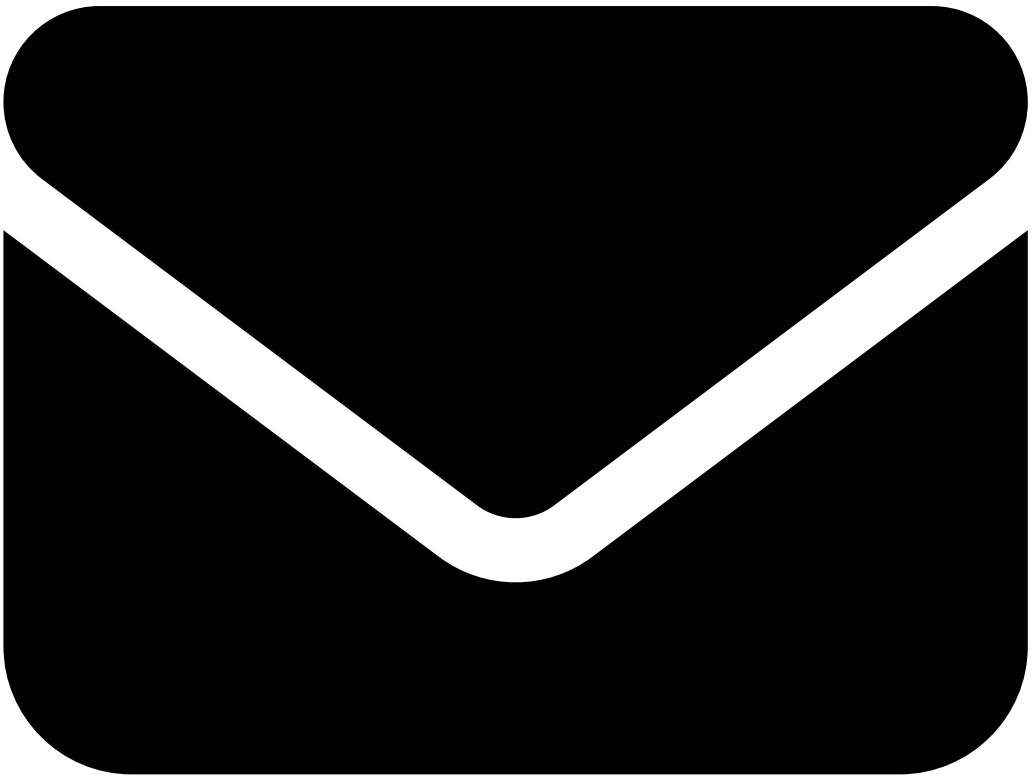
Main Course
Italian
Italian, Tuscan, Kale

Farinata Italian Chickpeas Flatbread

Farinata Italian Chickpeas Flatbread

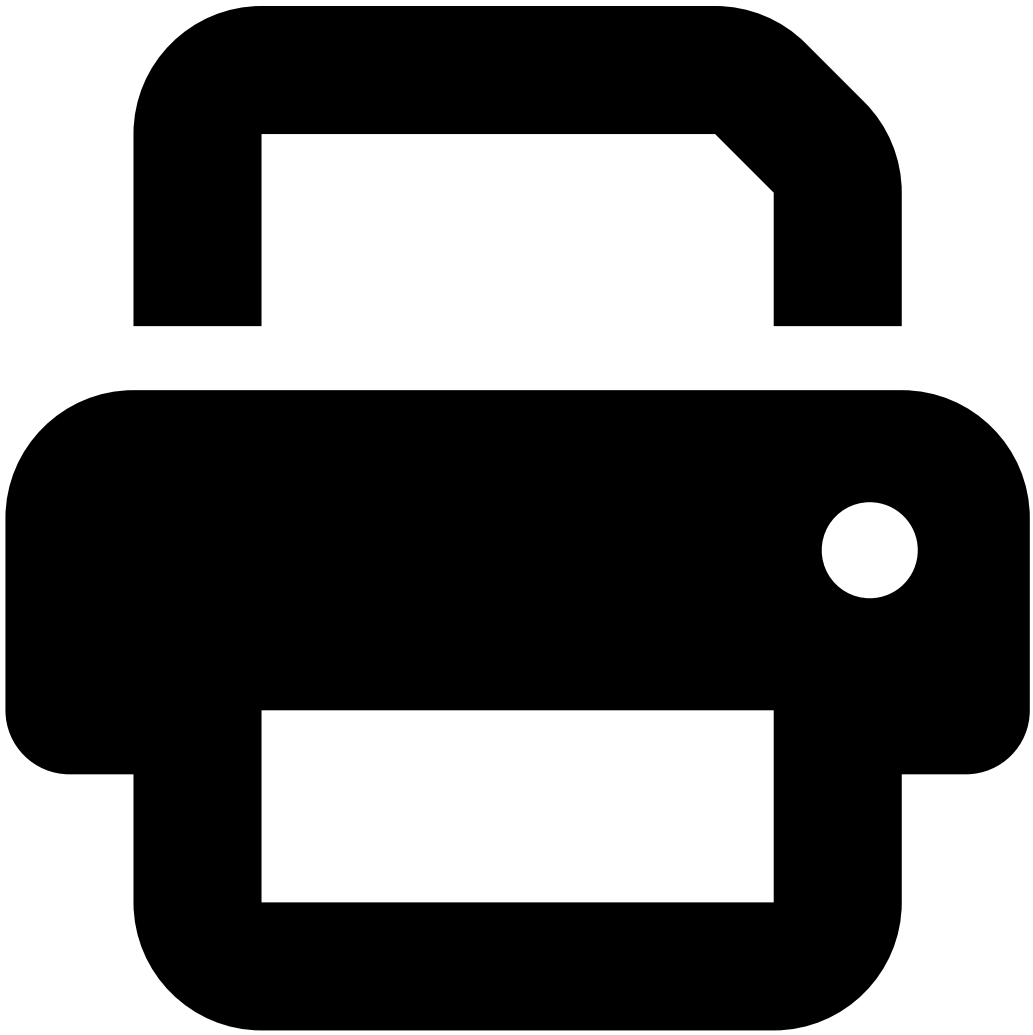
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Farinata Italian chickpeas flatbread is one of those quietly iconic Italian foods — simple, humble, and deeply rooted in tradition. Originating in Liguria, this thin chickpea flatbread has been made for centuries using just chickpeas, water, olive oil, and salt. It began as street food, valued for being filling, affordable, and made entirely from pantry staples.

Traditionally, farinata is prepared with chickpea flour, but this version goes straight to the source by using **whole dried chickpeas**. After soaking and blending, the batter bakes into a flatbread with crisp, golden edges and a soft, creamy center. It’s rustic, naturally gluten-free, and a perfect example of how Italian cooking lets simple ingredients do the work.

Things to know about this Farinata Italian Chickpeas Flatbread

- Farinata Italian chickpeas flatbread should always be **thin** – a thick batter will bake up dense instead of creamy.
- Resting the batter improves both flavor and texture, so don’t skip it.
- Using whole chickpeas creates a slightly more rustic result than chickpea flour, while staying true to tradition.
- A hot cast iron or metal pan is key for proper browning and crisp edges.
- Farinata is best enjoyed hot, straight from the oven, but leftovers reheat well in a hot pan.

Variation: Rustic Farinata (Unstrained Batter)

For a heartier, more rustic farinata, skip straining the blended chickpea batter. The finished flatbread will be slightly thicker with more texture, while still keeping the classic crispy edges and creamy center. Just be sure the batter remains thin enough to spread easily in the pan before baking.

Storage & Reheating

Farinata Italian chickpeas flatbread is best enjoyed fresh, but leftovers store well.

- **Refrigerator:** Store cooled farinata in an airtight container for up to **3 days**.
- **Reheating:** Reheat in a **hot skillet** with a small drizzle

of olive oil until warmed through and the edges crisp again.

- **Avoid the microwave** if possible — it softens the texture and dulls the flavor.

Farinata does not freeze well, as the texture becomes grainy once thawed.

If you love simple Italian recipes made from pantry staples, be sure to explore more on the blog. Pair this farinata with my
Homemade Beef Bone Broth for a comforting meal, or serve it alongside my Italian and Italian-inspired soups for an easy, rustic spread.

And if you make this farinata Italian chickpeas flatbread, leave a comment below or tag me on social — I love seeing how you serve it and make it your own.

Farinata Italian Chickpeas Flatbread



- 1 cup **dried chickpeas**, soaked overnight (12–24 hours)
- **1 to 1¼** cups **fresh water** (for blending)
- ½ tsp **fine sea salt**
- **3–4** tbsp **extra virgin olive oil**, divided
- **Freshly ground black pepper**, to finish

Optional Toppings (add sparingly)

- Fresh rosemary
- Thinly sliced red onion
- Arugula
- Parmigiano Reggiano

1. **Soak the chickpeas.** Soak dried chickpeas in plenty of water overnight. Drain and rinse well.
2. **Optional (but recommended for texture):** Simmer the soaked chickpeas in fresh water for **20–30 minutes**, just until tender.Drain and let cool slightly.
3. **Blend the batter.** Add chickpeas and **1 cup water** to a high-speed blender.Blend until completely smooth.Add more water, a little at a time, if needed – the batter should be **thin, like crêpe batter**, not thick like hummus.
4. **Strain for smoothness.** Strain the batter through a fine-mesh sieve for a smoother texture, or skip this step for a more rustic farinata
5. **Season and rest.** Stir in the salt.Cover and let the batter rest at **room temperature for at least 1 hour**, preferably 2–3 hours.Skim off any foam that forms on top.
6. **Preheat oven and pan.** Preheat oven to **425°F (**Place a **12-inch cast iron skillet or metal baking pan** in the oven to heat.
7. **Oil the pan**
8. Carefully remove the hot pan and add **2 tablespoons olive oil**, swirling to coat evenly.
9. **Bake.** Pour the rested batter into the pan (it should

spread thinly).Drizzle the remaining olive oil over the top.Add rosemary or onions now, if using.

10. **Cook until set and golden.** Bake for **18–25 minutes**, until:

    • Edges are crisp and deeply golden

    • Top has light browning

    • Center is just set and creamy

11. Optional: Broil for **2–3 minutes** for extra char.

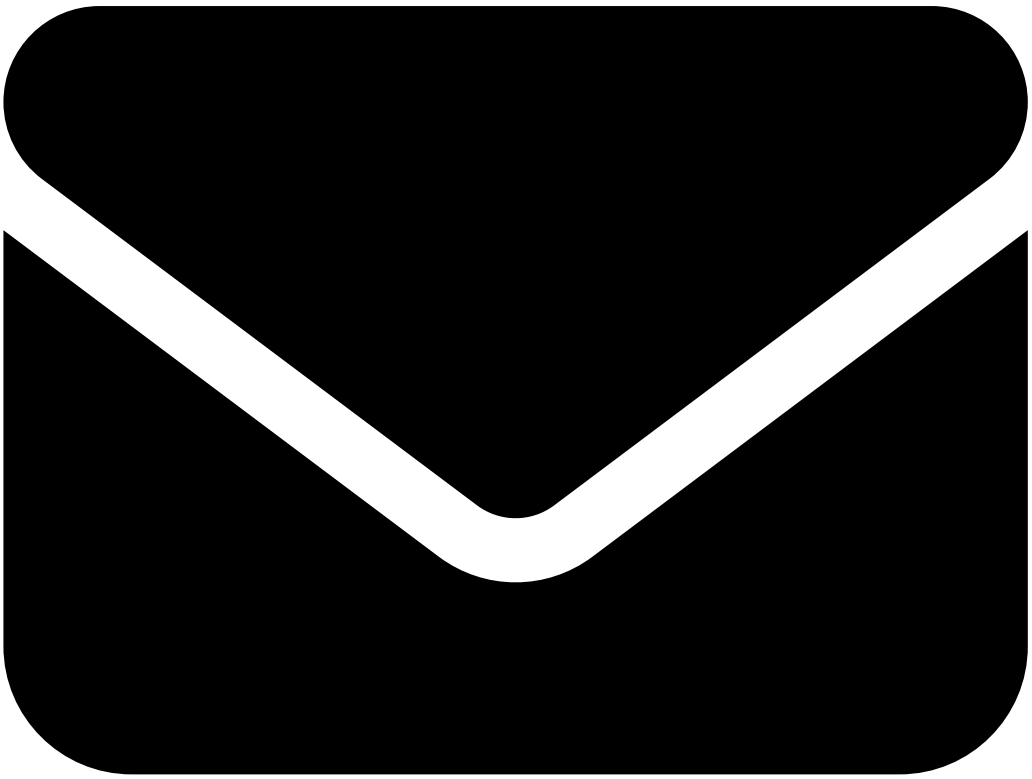
12. **Serve immediately.** Finish with black pepper and any fresh toppings.Slice into wedges and serve hot.

French Onion Soup with an Italian Twist

French Onion Soup with an Italian Twist

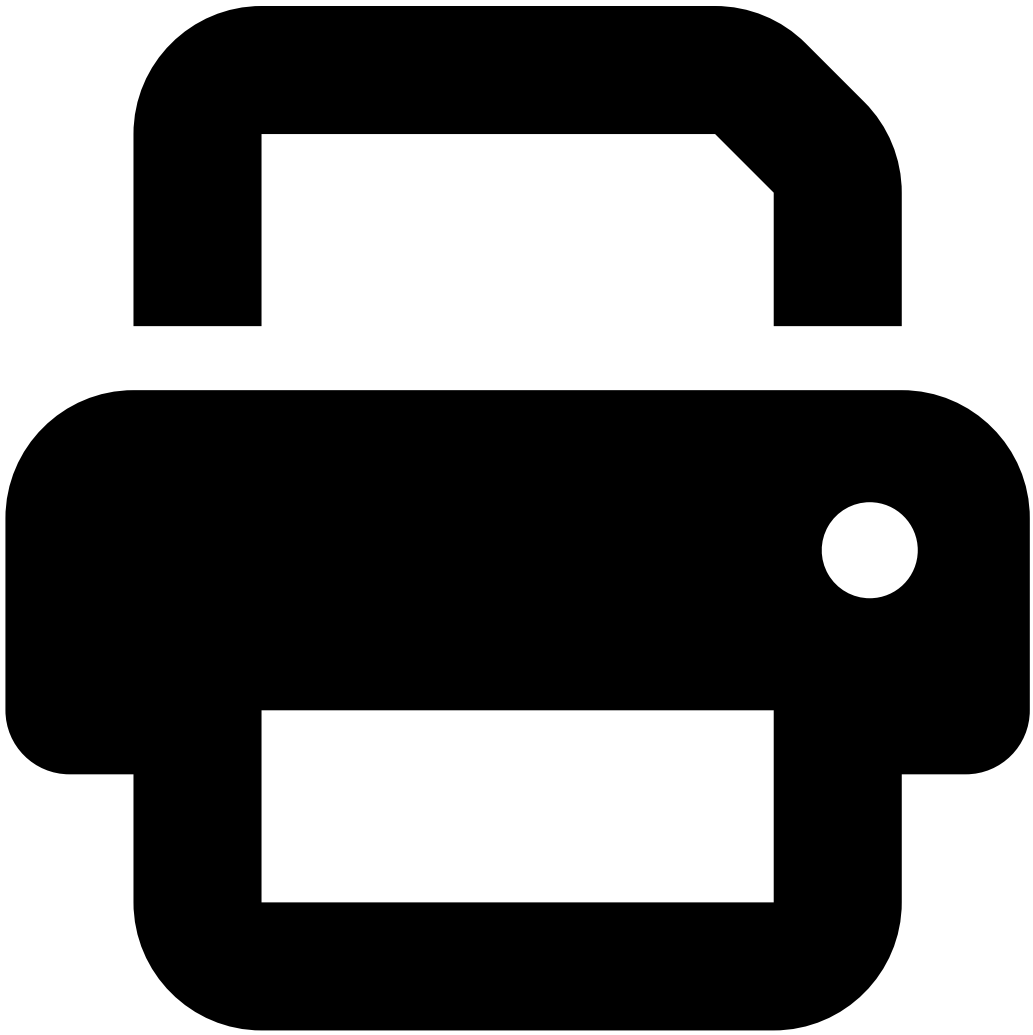
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French onion soup has always been one of my favorite comfort foods, but I can never resist adding an Italian touch to the dishes I love. This Italian-style French onion soup starts with a combination of red onions, yellow onions, and leeks, slowly caramelized until they’re golden, sweet, and deeply flavorful.

Instead of the traditional baguette and Gruyère, I top this version with homemade herb focaccia and freshly grated Fontina cheese. The focaccia adds a rustic Italian touch, while the Fontina melts beautifully over the rich, savory broth and caramelized onions.

It’s everything I love about classic French onion soup—warm, hearty, and comforting—with a little Italian inspiration. This is the kind of homemade soup that fills the kitchen with an irresistible aroma and is meant to be shared around the table.

Things to know about this French Onion Soup with an Italian Twist

A mix of yellow onions, red onions, and leeks adds natural sweetness and depth without needing sugar.

Fontina melts smoothly and stays creamy, making it a perfect Italian alternative to Gruyère.

Herb focaccia absorbs the broth while still holding its shape, giving you that perfect bite every time.

The soup base can be made a day ahead; add the focaccia and cheese just before serving for best texture.

Storage: Store leftover soup (without focaccia or cheese) in an airtight container in the refrigerator for up to 4 days.

Freezing: This soup freezes well without the bread and cheese. Freeze in freezer-safe containers for up to 3 months. Thaw overnight in the refrigerator and reheat on the stovetop before adding toppings.

Always add the focaccia and Fontina fresh just before broiling for the best texture and flavor.

If you love classic comfort food with an Italian twist, this **French Onion Soup with an Italian Twist** is a must-try. The combination of caramelized onions, leeks, herb focaccia, and melty Fontina makes it a cozy, flavorful soup perfect for any season.

For more hearty Italian soups, explore my **Creamy Sausage Tortellini Soup** or **Potato Leek Soup with Pancetta**—both are easy to make and full of rich, comforting flavors.

Want to try more Italian-inspired weeknight recipes? Don’t miss my **Italian sausage Escarole and Beans** or **Spinach Ricotta Balls** for quick, flavorful meals the whole family will love.

Remember to **save this French Onion Soup recipe** for later and **follow my blog** for more Italian cooking inspiration delivered right to your inbox!

French Onion Soup with an Italian Twist



A rich and comforting French onion soup with an Italian twist. Slowly caramelized onions are simmered in a flavorful broth and finished with crusty toasted bread and melted cheese for a cozy, restaurant-style soup that is perfect for a chilly day.

Soup

- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 large yellow onions (thinly sliced)
- 2 medium red onions (thinly sliced)
- 2 large leeks (white and light green parts only, thinly sliced and well rinsed)
- salt and pepper to taste
- 2 cloves garlic minced
- 1/3 cup flour
- ¼ cup dry red wine
- 6 cups beef broth, or chicken broth for a lighter version, or vegetable broth or a vegetarian option (or

chicken broth for a lighter version)
- 1 teaspoon fresh thyme leaves or ½ teaspoon dried (or ½ teaspoon dried)
- 2-3 bay leaves

Topping

- 6 6 slices herb focaccia
- 1½ cups freshly grated Fontina cheese

1. **Caramelize the onions**

   In a large heavy-bottomed pot or Dutch oven, heat the olive oil and butter over medium heat. Add the yellow onions, red onions, and leeks. Sprinkle with salt and pepper. Cook, stirring occasionally, for 35–40 minutes, until deeply golden, soft, and caramelized. Reduce heat if needed to prevent burning.

2. **Build the flavor**

   Add the garlic and cook for 1 minute until fragrant. Then add in the flour Pour in the wine, scraping up any browned bits from the bottom of the pot. Simmer for 2–3 minutes until slightly reduced.

3. **Simmer the soup**

   Add the broth, thyme, and bay leaf. Bring to a gentle simmer, cover partially, and cook for 25–30 minutes. Taste and adjust seasoning. Remove the bay leaf.

4. **Prepare for broiling**

   Preheat the broiler. Ladle the soup into oven-safe bowls and place them on a baking sheet.

5. **Add the Italian topping**

   Top each bowl with a slice of herb focaccia, then

generously sprinkle with Fontina cheese.

6. **Broil**

   Broil for 2–4 minutes, until the cheese is fully melted, bubbling, and lightly golden. Watch closely.

7. **Serve**

   Serve immediately, hot and bubbling, with extra focaccia on the side if desired.

Don’t rush the onions! The key to a deeply flavorful onion soup is slowly caramelizing them until they are golden brown and sweet. Give them time to develop that rich flavor before adding the broth.
Main Course, Side Dish, Soup
American, Italian
French Onion Soup

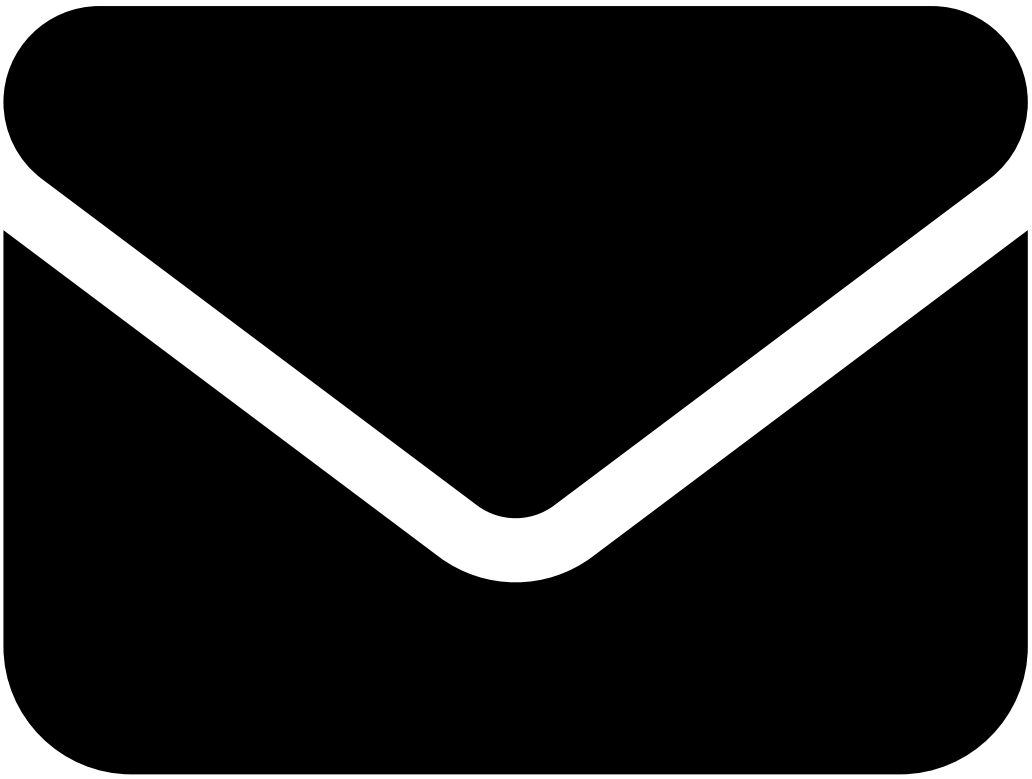
Crispy Italian Potato Scarpaccia

Crispy Italian Potato Scarpacci

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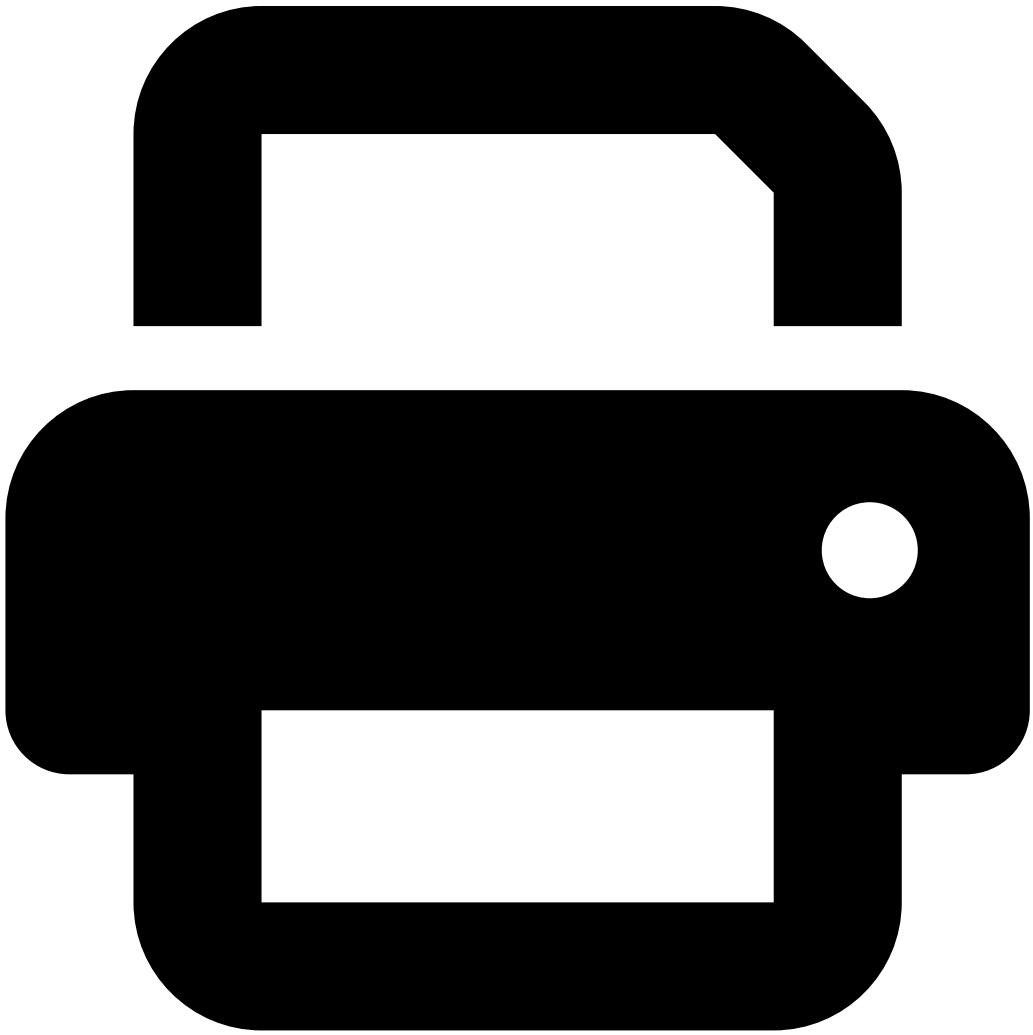
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SMS



This **Italian Potato Scarpaccia (Scarpaccia di Patate)** is one of those humble, rustic dishes that turns the simplest ingredients into something crave-worthy. Traditionally associated with thin, baked savory cakes meant to stretch what you had on hand, this version leans into **mashed potatoes**, eggs, sharp Pecorino Romano, and fresh parsley. When spread very thin and baked hot on a well-oiled pan, it transforms into something magical: crisp, golden edges with a savory, almost crackly bite, and just enough tenderness in the center to hold it all together.

It’s the kind of recipe that feels equally at home as a casual weeknight side, a pre-dinner nibble cut into squares, or even set out with antipasti for guests. Best of all, it’s naturally gluten-free, unfussy, and incredibly forgiving — exactly the kind of food Italian home cooks have relied on for generations.

Things to know about this Crispy Italian Potato Scarpaccia

- **Thin is everything:** The crispiness comes from spreading the mixture thinner than you think. Thick scarpaccia will stay soft.
- **Cool potatoes matter:** Fully cooled mashed potatoes prevent excess moisture and help the scarpaccia crisp instead of steam.
- **Oil = texture:** A generously oiled pan doesn't just prevent sticking — it "fries" the bottom as it bakes.
- **Great for leftovers:** This is a perfect way to repurpose leftover mashed potatoes.
- **Even better after resting:** Letting it sit for 5–10 minutes after baking actually improves the texture before slicing.
- If you loved this **crispy potato scarpaccia**, be sure to explore more **Italian-inspired comfort food** on the blog — from simple sides to classic recipes shaped by my years in the restaurant kitchen. Start with my Italian stuffed eggplant with rice and sausage, spinach ricotta balls, or my crispy zucchini scrapaccia

  If you make this recipe, I'd love to hear how it turned out — leave a comment below or share a photo and tag me on Instagram so I can see your scarpaccia come out perfectly crisp.

Crispy Italian Potato Scarpaccia



- 10 x 15–inch rimmed sheet pan

- 2 cups mashed potatoes (about 1 lb / 450 g potatoes, cooked and fully cooled)
- 2 large eggs
- 1 cup Pecorino Romano (finely grated)
- ¼ cup fresh parsley (finely chopped)
- Salt and pepper to taste
- ¼ cup olive oil (divide)

1. ## Preheat the Oven

   Preheat oven to **425°F (220°C)**.Place a rack in the **middle-to-lower third** of the oven for best crisping.

2. ## Oil the Pan

   Generously coat the sheet pan with **2 tablespoons olive oil**. The oil should fully cover the bottom – this helps crisp the scarpaccia like it’s shallow-fried.

3. ## Make the Mixture

   In a bowl, combine mashed potatoes, eggs, Pecorino Romano, parsley, salt, and pepper. Mix until smooth and spreadable.

4. ### Spread Very Thin

   Transfer the mixture to the pan and spread it **very thin**, almost edge to edge. Drizzle the remaining **2 tablespoons olive oil** evenly over the top.

5. **Bake**

   Bake for **22–28 minutes**, rotating the pan halfway through.

   The scarpaccia is done when:

   The top is deeply golden

   The edges are crisp and slightly curled

   The center is firm, not soft or steamy

6. **Optional:** For extra crispiness, broil for **2–3 minutes** at the end. Watch closely

7. ## Rest & Slice

   Let rest **5–10 minutes** before slicing. This allows steam to escape and keeps it crisp.

   Cut into squares or wedges and serve warm or at room temperature.

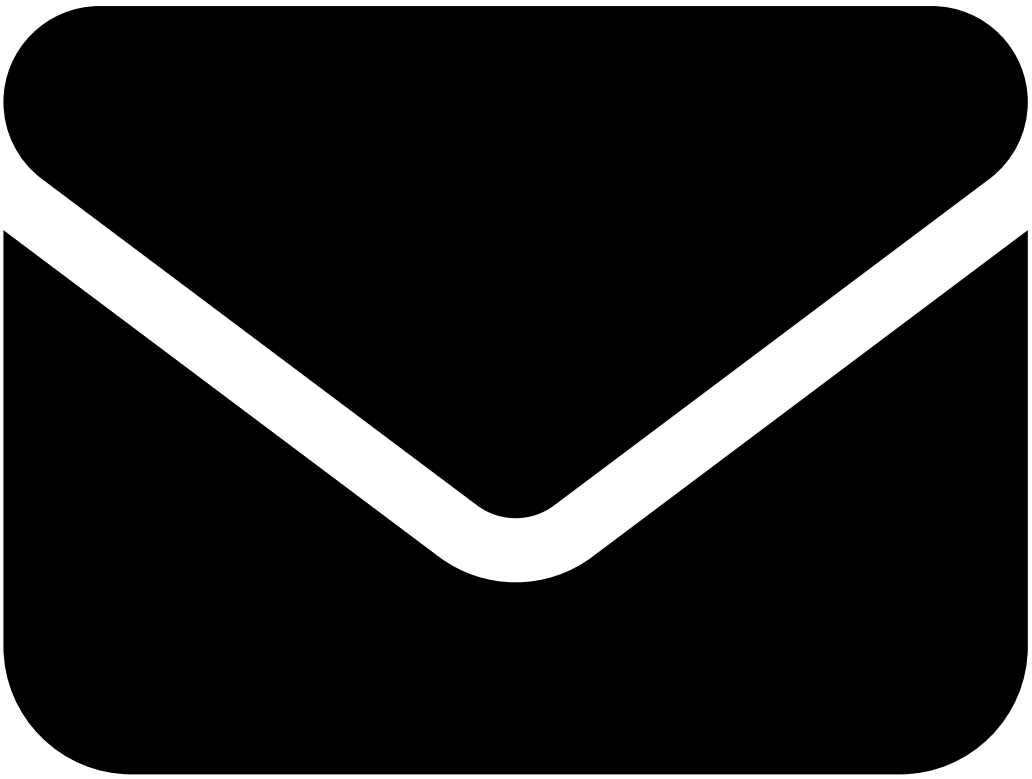
The Ultimate Guide to Italian

& Italian-Inspired Soups

The Ultimate Guide to Italian & Italian-Inspired Soups

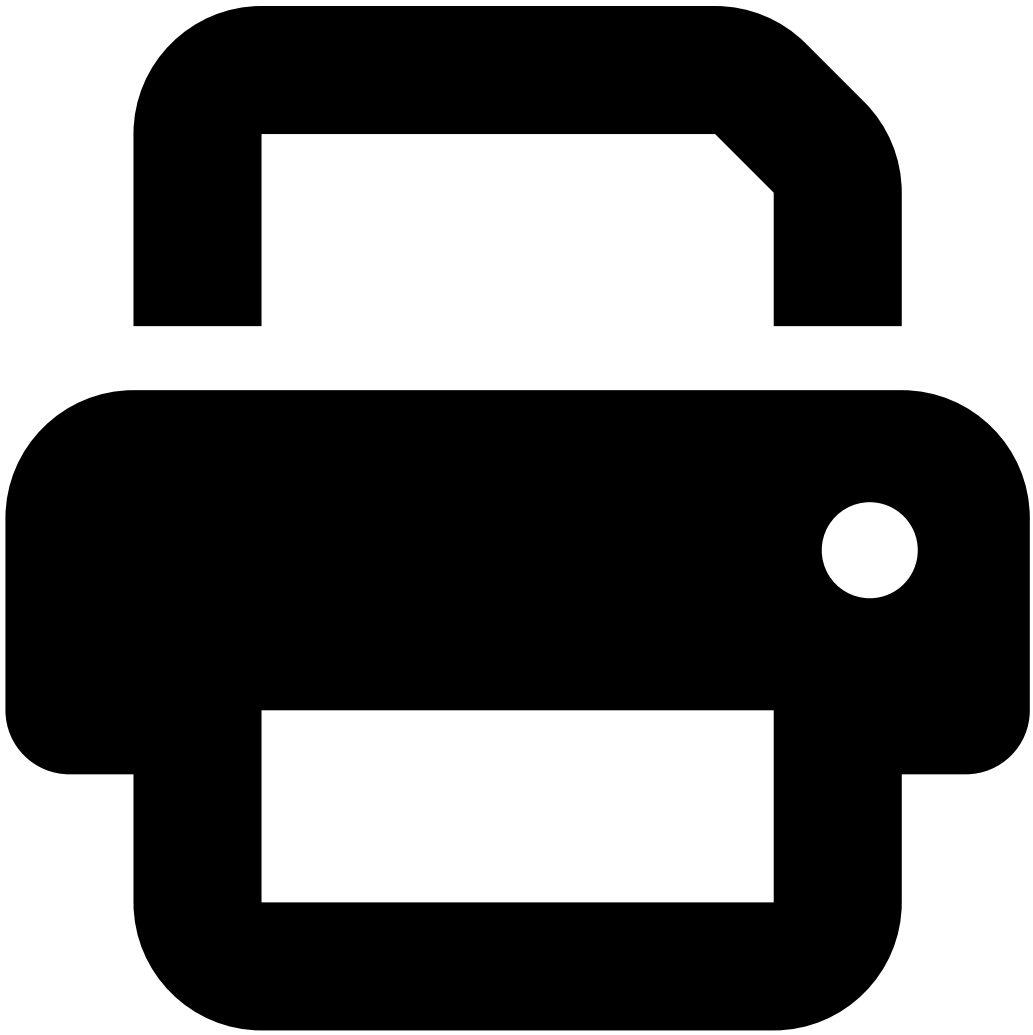
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SMS



10 Cozy, Classic Soup Recipes for Every Season

Soup has always been at the heart of Italian home cooking — simple ingredients, slow simmering, and deep, comforting flavor. Whether you're craving a light brothy soup or something rich and hearty, this **Italian soup collection** brings together my most-loved recipes, many inspired by dishes I cooked in my restaurants and made at home for my family.

This guide features **10 Italian and Italian-inspired soup recipes**, perfect for weeknight dinners, holidays, and cozy weekends. Bookmark this post — it's your go-to soup resource all year long.

Brothy & Light Italian Soups

Simple, nourishing, and perfect when you want something lighter.

1. Italian Wedding Soup

Tender meatballs, leafy greens, and delicate pasta simmered in rich chicken broth — a true Italian classic.GO TO RECIPE

2. Tortellini in Brodo

A Northern Italian favorite featuring cheese-filled tortellini served in hot, savory broth.GO TO RECIPE

Hearty & Rustic Soups

These soups eat like a full meal — filling, cozy, and deeply satisfying.

3. Pasta e Fagioli

A rustic, comforting soup made with beans, pasta, and a flavorful tomato base — just like Nonna used to make.

GO TO RECIPE

4. Sausage & Lentil Soup

Traditionally served on New Year’s Eve for good luck, this hearty soup is rich, savory, and deeply comforting.GO TO RECIPE

5. Escarole & Beans with Italian Sausage

A classic Italian-American soup that’s simple, nourishing, and packed with bold flavor.GO TO RECIPE

Creamy & Comforting Soups

Rich, velvety soups that feel like a warm hug.

6. Creamy Sausage Tortellini Soup

A fan favorite — cheesy tortellini, Italian sausage, and a creamy broth that comes together quickly.GO TO RECIPE

7. Potato Leek Soup with Pancetta

A restaurant-style classic — silky smooth with crispy pancetta for added depth and flavor.GO TO RECIPE

8. Vegetarian Mushroom Soup (Italian Style)

Earthy mushrooms, herbs, and a rich broth make this vegetarian soup incredibly satisfying.GO TO RECIPE

Holiday & Special Occasion Soups

Perfect for celebrations, traditions, and family gatherings.

9. Italian Holiday Chicken Soup

A comforting soup often served during holidays — light, flavorful, and deeply nostalgic.GO TO RECIPE

10. Creamy Italian Bean and Parmesan soup

A hearty, old-fashioned soup that was always a staple in my restaurants — filling, budget-friendly, and perfect for leftovers.GO TO RECIPE

Good to Know

- Most of these soups **freeze beautifully**
- Brothy soups are perfect for **make-ahead meals**
- Many recipes can be adapted for **vegetarian or gluten-**

free diets

- Homemade broth adds the best flavor, but quality store-bought works well too
- A heavy-bottomed 8–12 quart stainless steel stockpot is ideal for making soup because it heats evenly, prevents scorching, and gives you plenty of room for simmering brothy and hearty soups alike.

What to Serve with Italian Soup

- Crusty Italian bread
- Garlic bread or focaccia
- Simple green salad
- Grated Parmigiano Reggiano

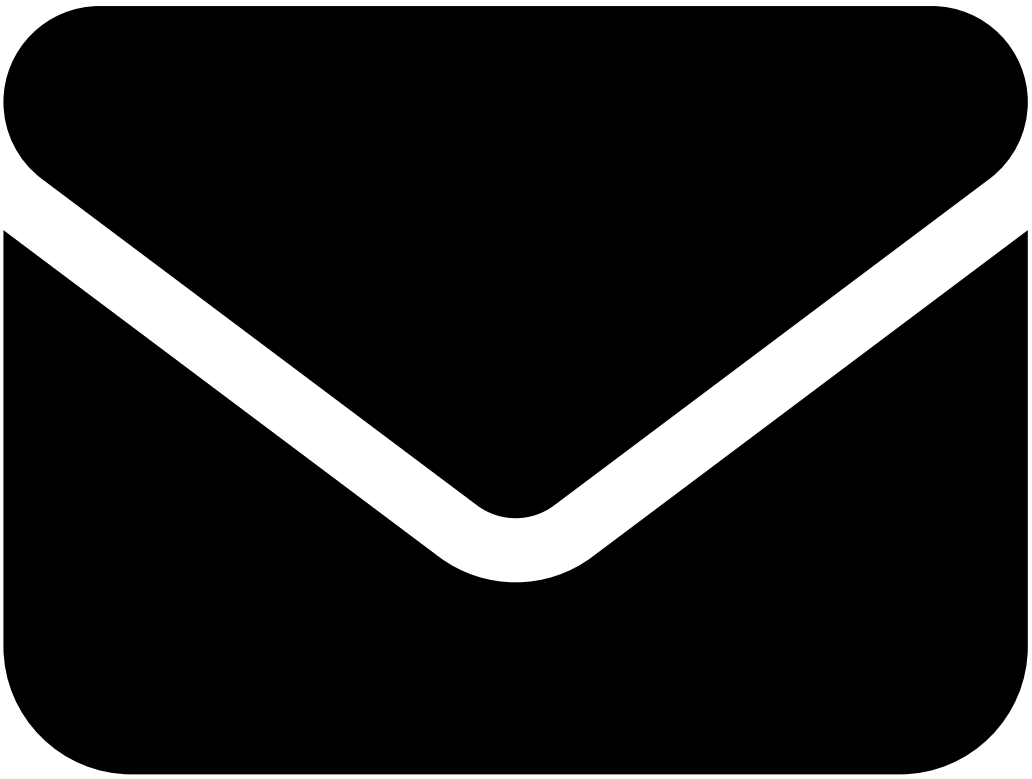
Pizza di Scarola: Classic Italian Savory Escarole Pie

Pizza di Scarola: Classic Italian Savory Escarole Pie

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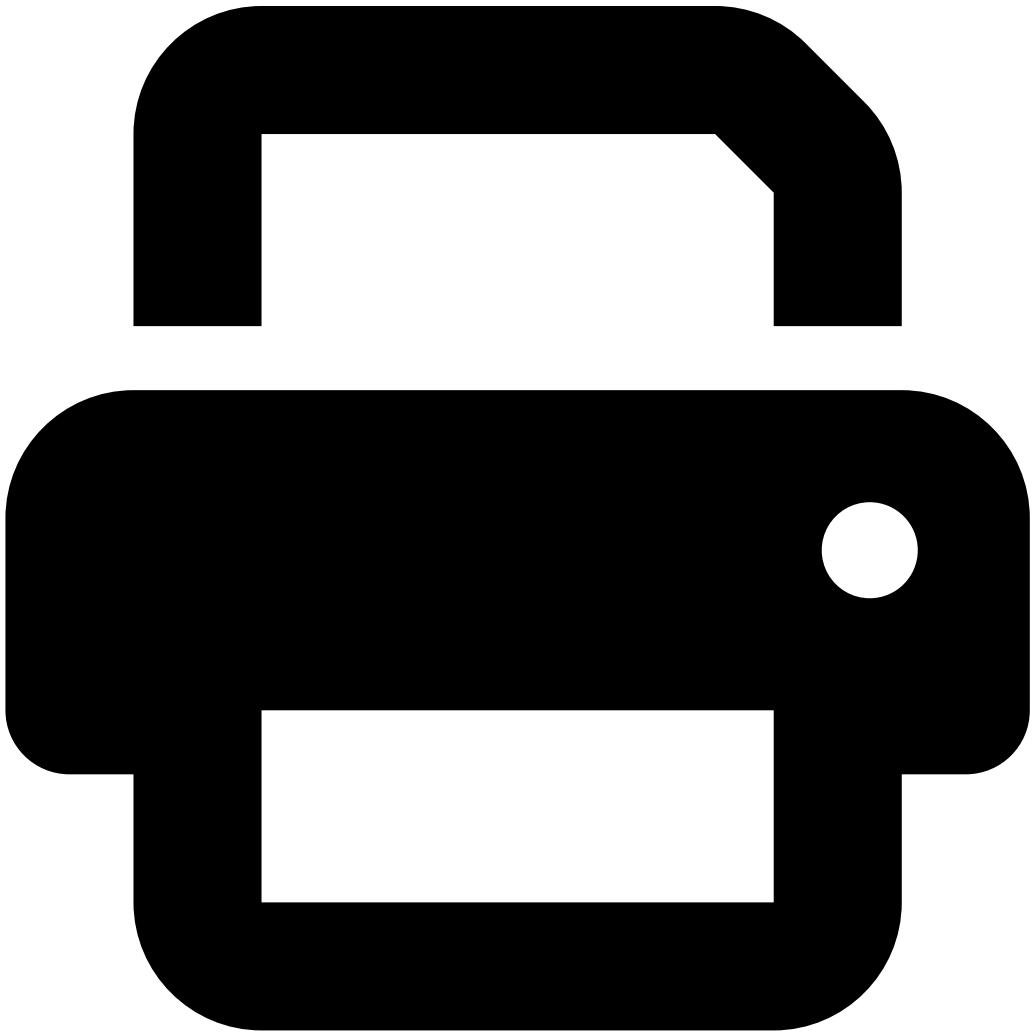
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Pizza di Scarola is a classic Italian savory pie filled with tender escarole, garlic, olives, capers, and anchovies, all wrapped in soft pizza dough. Rooted in Neapolitan cooking, this humble dish has been made for generations using simple pantry ingredients and seasonal winter greens.

Traditionally, Pizza di Scarola is prepared during the **Christmas season and enjoyed through Epiphany**, when Italian families gather to mark the close of the holidays. Its balance of bitter greens and savory flavors reflects both the season and the rhythm of Italian home cooking, making it a recipe that feels just as comforting today as it did centuries ago.

Often served warm or at room temperature, this savory pie is meant to be shared—whether as part of a holiday table or as a simple, satisfying meal any time of year.

Things to know about this Pizza di Scarola: Classic Italian Savory Escarole Pie

- **Escarole is traditional.** Its mild bitterness balances the salty olives, capers, and anchovies that define this classic pie.
- **Substitute greens, if needed.** While escarole is the authentic choice, endive, broccoli rabe, Swiss chard, or spinach can be used when escarole isn't available. Always blanch and squeeze the greens very dry to prevent a soggy filling.
- **Anchovies melt into the filling.** They don't make the pie taste fishy—just deeply savory. You can omit them if preferred, but they are traditional.
- **Make it ahead.** Pizza di Scarola is often prepared in advance and served warm or at room temperature. In fact, the flavors improve after resting.
- **Use pizza dough, not pastry.** This is a bread-style pie, not a puff pastry tart—keeping it rustic and true to its Neapolitan roots.
- Serve Pizza di Scarola as part of an Italian spread alongside a **simple citrus salad**, a bowl of **Italian wedding soup**, or one of my **easy Italian cookies** for dessert. It also pairs beautifully with other traditional recipes often served during the holiday season or for casual family meals.

  Be sure to explore:

  - My **Italian Wedding Soup**
  - Persimmon carpaccio salad

- **Creamy Italian zuppa Toscana**

Pizza di Scarola (Italian Escarole Pie)



Pizza di Scarola is a beloved Southern Italian savory pie traditionally enjoyed during the holidays, especially Christmas Eve, but it's delicious any time of year. A flaky, golden pastry encloses a flavorful filling of sautéed escarole, garlic, olives, capers, raisins, pine nuts, and anchovies, creating the perfect balance of savory, sweet, and briny flavors. This rustic Neapolitan classic can be served warm or at room temperature as an appetizer, light lunch, or side dish.

For the dough

- 1 lb pizza dough (store-bought or homemade), at room temperature
- Extra virgin olive oil, for brushing

For the escarole filling

- 2 large heads escarole, washed and chopped
- 3 tbsp extra virgin olive oil
- 3 cloves garlic, sliced

- 4 anchovy fillets, chopped (optional but traditional)
- ½ cup Kalamata olives, pitted and chopped
- 2 tbsp capers, rinsed and drained
- 2 tbsp pine nuts (optional)
- 2 tbsp raisins (optional, traditional sweet-salty touch)
- Salt and black pepper, to taste
- Red pepper flakes (optional)

1. **Prepare the escarole**

   Bring a large pot of salted water to a boil. Add the escarole and blanch for 3–4 minutes until just tender. Drain well and squeeze out excess water. Set aside.

2. **Cook the filling**

   In a large skillet, heat olive oil over medium heat. Add garlic and sauté until fragrant. Stir in anchovies and let them melt into the oil.Add escarole, olives, capers, pine nuts, and raisins. Season lightly with salt, black pepper, and red pepper flakes. Cook for 5–7 minutes until well combined and flavorful. Let cool slightly.

3. **Assemble the pie**

   Preheat oven to **375°F (190°C)**.

   Lightly oil a 9–10 inch round baking pan.Divide dough into two pieces, one slightly larger than the other. Roll out the larger piece and line the pan, letting excess hang over the sides.Fill with escarole mixture. Roll out remaining dough and place on top. Seal and crimp edges. Prick the top with a fork and brush lightly with olive oil.

4. **Bake**

   Bake for 40–45 minutes, or until golden brown and cooked through.Let rest at least 20 minutes before slicing.

Traditionally served **warm or at room temperature**.

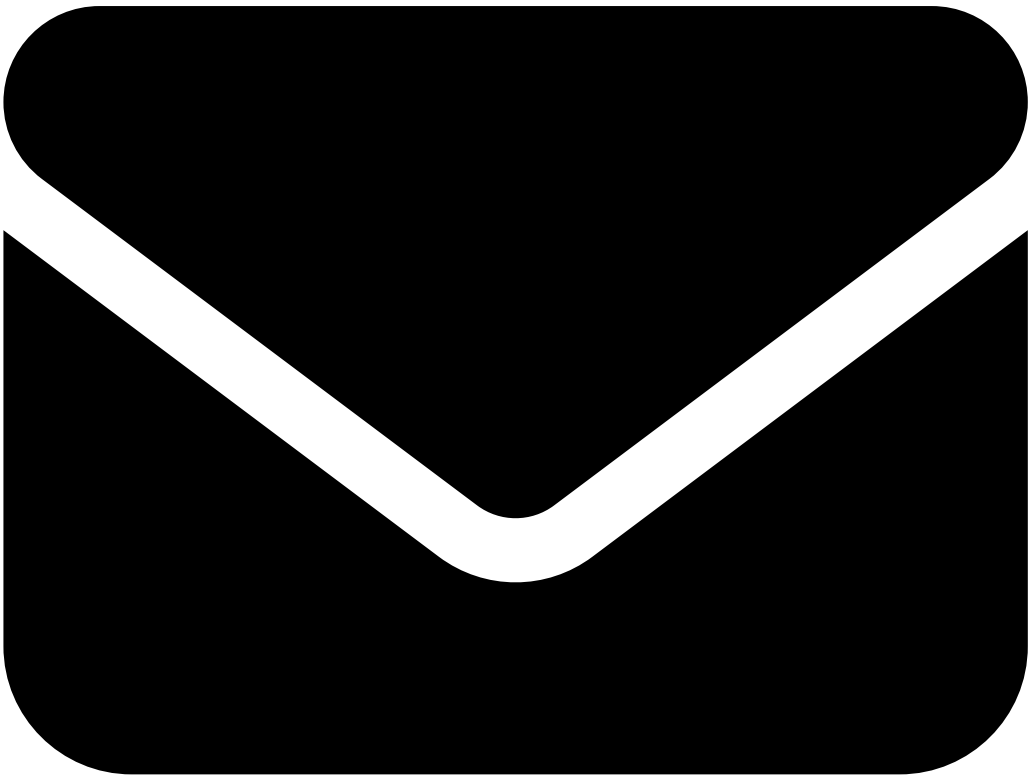
Main Course
Italian
Italian homemade escarole pie

Mushroom & Fontina Puff Pastry Tart

Mushroom & Fontina Puff Pastry Tart

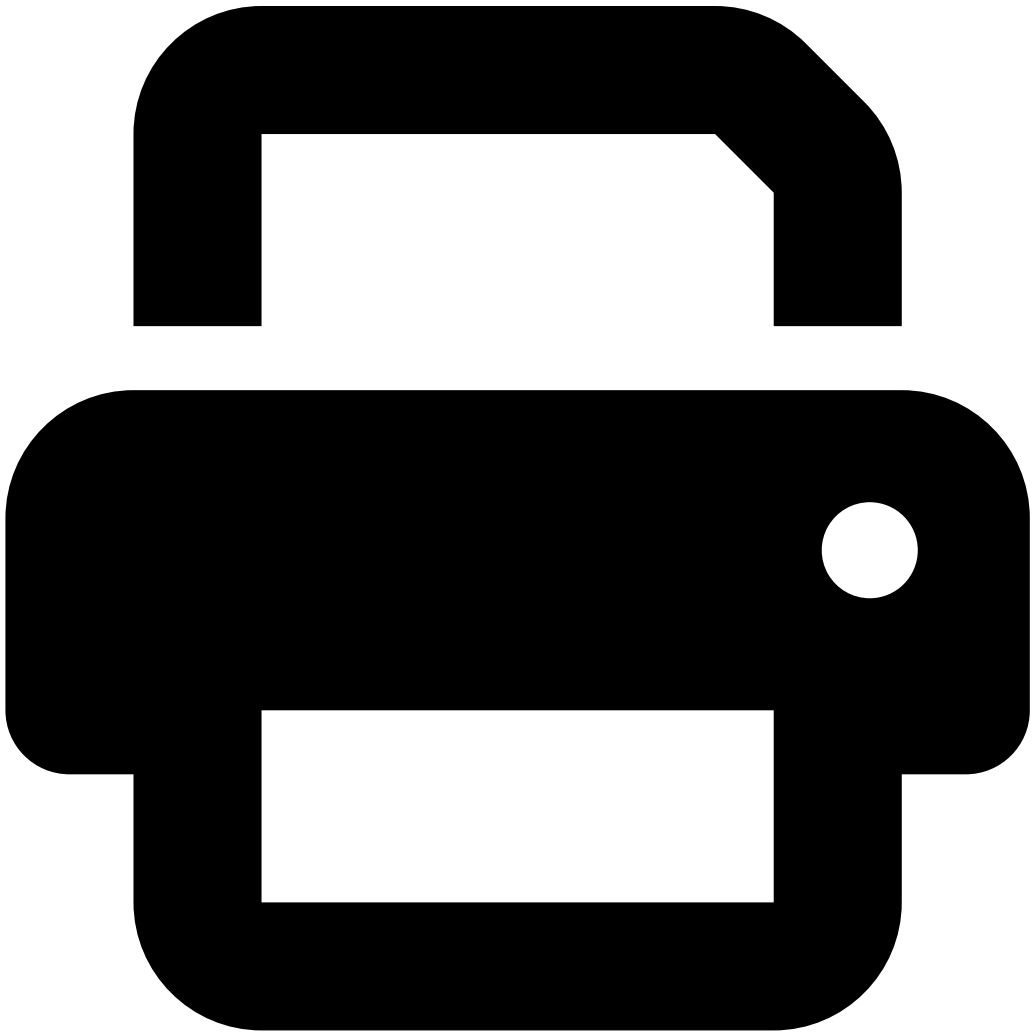
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This **mushroom and fontina puff pastry tart** is proof that simple ingredients can create something truly special. Earthy mushrooms, melty grated fontina, and flaky puff pastry come together in an elegant Italian-inspired appetizer that looks impressive but couldn’t be easier to prepare. It’s the kind of dish that belongs on a holiday table, yet is just as perfect for casual entertaining or a cozy night in.

Things to know about this Mushroom & Fontina Mushroom Puff Pastry Tart

- **Egg wash tip:** Brushing the border with beaten egg gives a glossy, golden finish without weighing down the tart.
- **Cheese balance:** Fontina melts beautifully, but feel free to mix with a small amount of Parmesan for extra flavor and a sharper bite.

- **Mushroom moisture:** Cook mushrooms thoroughly to avoid soggy pastry; draining excess liquid helps keep the tart crisp.
- **Serving temperature:** This tart is delicious warm or at room temperature, making it perfect for parties.
- **Prep ahead:** You can assemble the tart and refrigerate for up to an hour before baking. Brush with egg wash right before it goes in the oven.

Variations

1. **Cheese swap:** Use Gruyère, Fontina + Mozzarella, or a mix of Fontina and Parmesan for a richer flavor.
2. **Add herbs:** Fresh thyme, rosemary, or oregano folded into the mushrooms adds an aromatic punch.
3. **Vegetable twist:** Mix in caramelized onions, roasted red peppers, or spinach for extra layers of flavor.
4. **Mini tart version:** Cut puff pastry into squares or rounds for bite-sized appetizers.
5. **Nutty crunch:** Sprinkle toasted pine nuts or walnuts over the mushrooms before baking for added texture.
6. Love simple, elegant Italian appetizers? Explore more **crowd-pleasing recipes** on the blog, including **Italian Sausage Rolls**, Italian sausage **Stuffed Mushrooms**, and **Prosciutto wrapped chicken fingers** Each recipe is easy to make, full of flavor, and perfect for entertaining any time of year.

Mushroom & Fontina Puff Pastry Tart (Recipe Card)



This Mushroom & Fontina Puff Pastry Tart is an easy yet elegant recipe that's perfect for brunch, lunch, appetizers, or a light dinner. Buttery puff pastry is topped with savory sautéed mushrooms, creamy Fontina cheese, garlic, fresh herbs, and a touch of Parmesan, then baked until golden and flaky. With its rich, earthy flavors and crisp crust, this tart is a beautiful addition to holiday gatherings, entertaining, or any meal that calls for something special.

- 1 sheet **puff pastry**, thawed
- 8 oz **mushrooms**, cleaned and thinly sliced
- 1 cup **grated fontina cheese**
- 2 tbsp **olive oil**
- 1 **clove garlic**, minced
- **salt and pepper to taste**
- 1 tbsp **fresh parsley**, finely chopped
- 1 **egg**, beaten (for egg wash)

1. **Cook the mushrooms**

   Heat olive oil in a skillet over medium heat. Add mushrooms and cook until softened and lightly golden,

about 6–8 minutes. Stir in garlic, salt, and pepper; cook 30 seconds more. Remove from heat.

2. **Prepare the pastry**

   Preheat oven to **400°F (200°C)**. Place puff pastry on a parchment-lined baking sheet. Lightly score a 1-inch border around the edges, being careful not to cut all the way through.

3. **Egg wash**

   Brush the scored border of the puff pastry with the beaten egg. This helps create a beautifully golden, glossy edge. **Optional sprinkle with sesame or everything bagel seeds.** Use a fork to gently prick the center of the pastry—this helps prevent it from puffing up too much while baking.

4. **Assemble the tart**

   Sprinkle grated fontina evenly inside the border. Spoon the mushroom mixture over the cheese.

5. **Bake**

   Bake for **18–22 minutes**, until the pastry is puffed and deep golden and the cheese is melted and bubbly.

6. **Finish & serve**

   Sprinkle with fresh parsley. Let cool slightly, then slice and serve warm or at room temperature

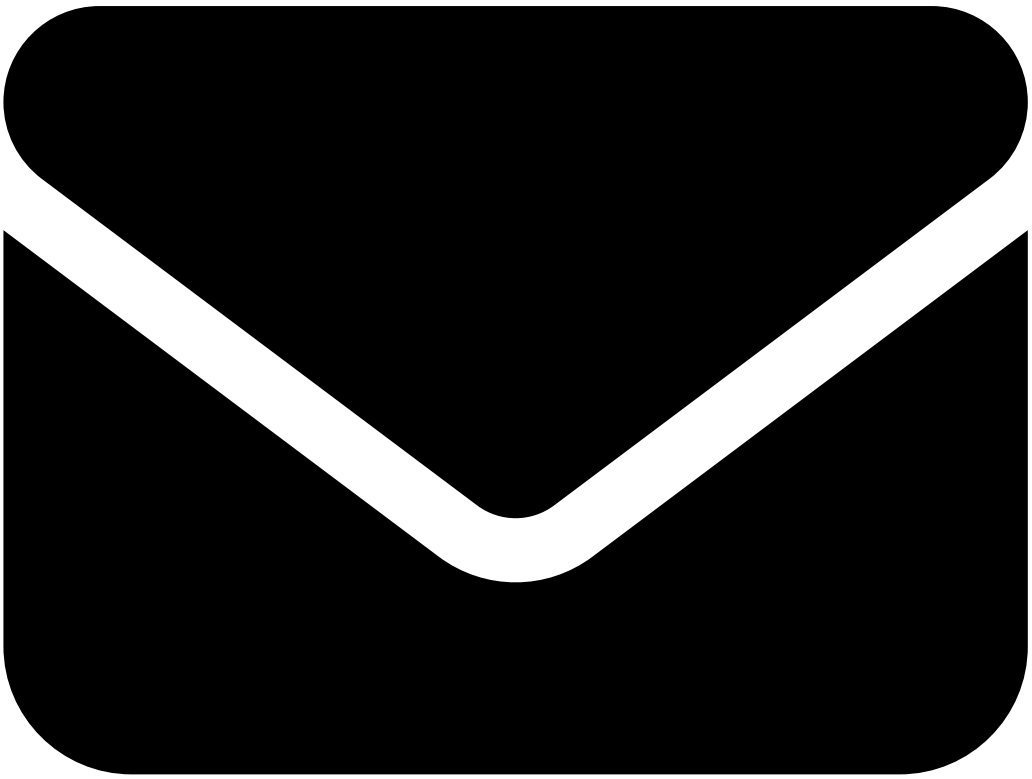
Appetizer
Italian
mushroom puff pastry tart Fontina

Prosciutto-Wrapped Chicken Fingers with Hot Honey

Prosciutto-Wrapped Chicken Fingers with Hot Honey

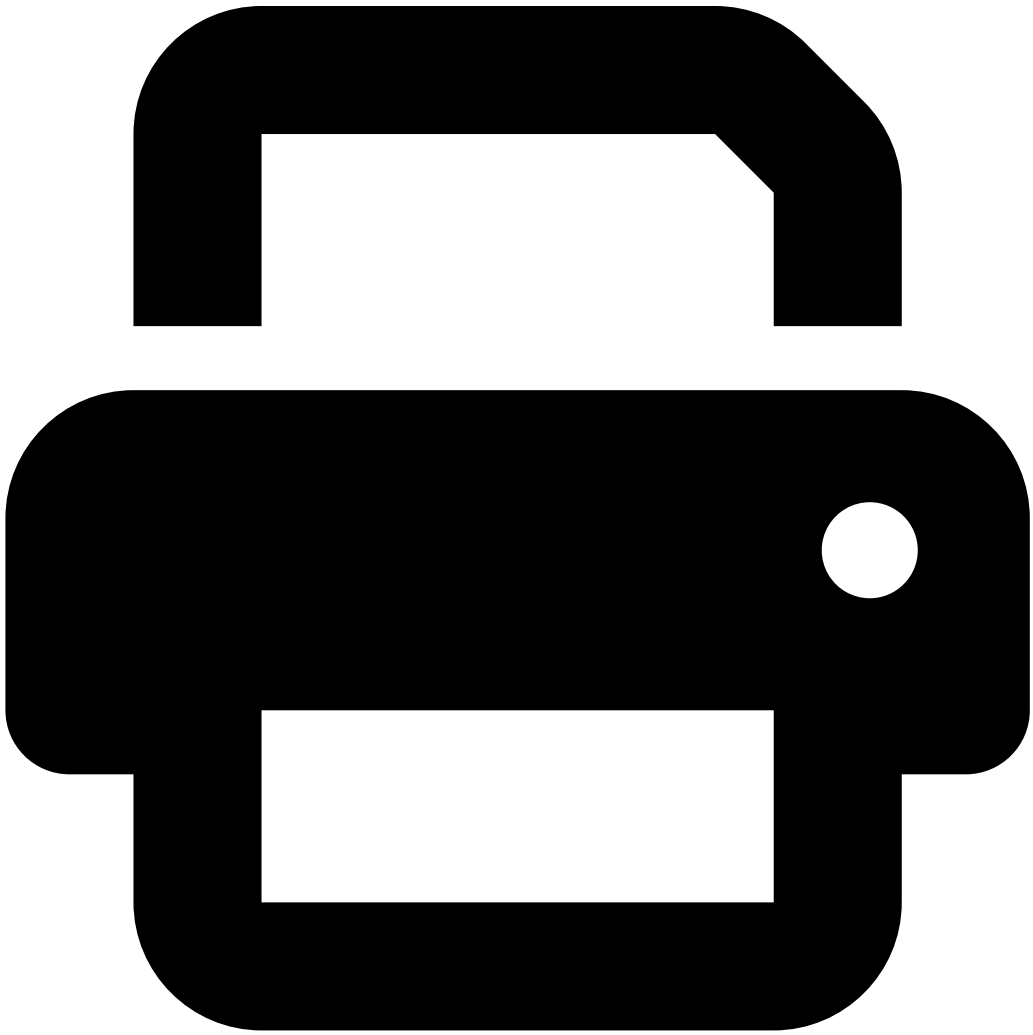
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When it comes to Italian-style appetizers, simple ingredients done right always steal the show. These **prosciutto-wrapped chicken fingers with hot honey** are the perfect balance of savory, salty, and just a little sweet. Lightly seasoned chicken is wrapped in prosciutto, pan-seared until crisp, then finished in the oven and drizzled with hot honey for an irresistible bite. Elegant enough for New Year’s Eve, yet easy enough to make any time you’re entertaining.

Things to know about this Prosciutto-Wrapped Chicken Fingers with Hot Honey recipe

- **Prosciutto does the work:** Its saltiness adds flavor and helps keep the chicken juicy.
- **Pan-sear first:** This step crisps the prosciutto and adds

depth before finishing in the oven.

- **Drain excess fat:** If needed, blot lightly before baking so the prosciutto stays crisp.
- **Hot honey at the end:** Drizzle just before serving to keep the coating glossy and fresh.
- **Perfect for parties:** Skewers or toothpicks make these easy, mess-free appetizers.
- If you love easy Italian-inspired appetizers, be sure to explore more crowd-pleasing recipes on the blog. From savory **Italian sausage rolls** to **vegetarian stuffed mushrooms** and elegant **puff pastry twists**, you'll find simple, flavorful ideas perfect for entertaining, holidays, or casual gatherings any time of year.

Prosciutto-Wrapped Chicken Fingers with Hot Honey



These Prosciutto-Wrapped Chicken Fingers with Hot Honey are a quick and flavorful dinner or appetizer that combines juicy chicken tenders with crispy, salty prosciutto and a sweet-spicy hot honey drizzle. Baked until golden and finished with a touch of fresh herbs, this easy recipe delivers restaurant-

quality flavor with minimal effort. Perfect for busy weeknights, game day, or entertaining, it's a crowd-pleasing dish that's both elegant and simple to make.

- 1 lb **boneless, skinless chicken breasts**, cut into finger-size strips
- 3 tbsp olive oil
- 2 tsp **garlic powder**
- 2 tsp **Italian seasoning**
- salt and pepper to taste
- 8 – 10 **thin slices prosciutto**, cut in half lengthwise if needed
- 1 – 2 tbsp **olive oil or cooking spray**
- 2 – 3 tbsp **hot honey**, for drizzling

1. **Season the chicken**

   Place the chicken strips in a bowl. Season with salt, black pepper, garlic powder, and Italian seasoning.

2. **Wrap with prosciutto**

   Wrap each chicken strip tightly with prosciutto. Thread onto skewers if desired.

3. **Pan-fry**

   Heat olive oil or in a large oven proof skillet over medium heat. Cook the chicken, turning, until the prosciutto is lightly crisped, about **5–6 minutes**.

4. **Finish in the oven**

   Transfer to a pre heated **375°F** until cooked through, **8–10 minutes**.

5. **Drizzle & serve**

   Drizzle with hot honey just before serving and serve

warm.

Appetizer
Italian
prosciutto-wrapped chicken fingers