

# **Creamy Italian Pan Chicken and Potatoes**

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I love simple one pan meals that are easy to make, and use few recognizable ingredients. This **Creamy Italian Pan Chicken and Potatoes** takes a comforting classic and gives it a delicious Italian twist – tender chicken, golden potatoes, and sweet bell peppers simmered together in a rich white wine and cream sauce. The final touch of freshly grated mozzarella melts into every bite, creating a silky, flavorful finish that's pure comfort in a pan.

This recipe was inspired by the rustic Italian meals I grew up with – those cozy, one-pan dishes that fill the kitchen with warmth and the kind of aroma that draws everyone to the table. It's hearty yet elegant, perfect for a busy weeknight when you want something satisfying but don't want to fuss with too many dishes.

The beauty of this meal is in its simplicity: a few humble ingredients, one pan, and a touch of Italian love. Whether you're cooking for family, hosting a cozy dinner, or just craving something creamy and comforting, this dish is sure to become a favorite.

## **Things to know about this Creamy Italian Pan Chicken and Potatoes**

- **Chicken prep:** Slicing the chicken into medium dice ensures it cooks quickly and stays tender. You can also

use boneless, skinless thighs for extra juiciness.

- **Potatoes:** Small, waxy potatoes work best for this recipe since they hold their shape while cooking. Yukon Gold or red potatoes are ideal.
- **Wine swap:** If you prefer a non-alcoholic version, substitute the white wine with low-sodium chicken broth.
- **Creaminess:** Heavy cream gives a rich sauce, but you can use half-and-half for a lighter version – just simmer a little longer to thicken.
- **Cheese finish:** Freshly grated mozzarella melts best; pre-shredded cheese often has anti-caking agents that affect texture.
- **Seasoning tips:** Garlic and onion powder season the chicken perfectly, but feel free to add Italian herbs like oregano, thyme, or rosemary.
- **Make it spicy:** Add a pinch of crushed red pepper flakes while cooking the peppers for a subtle kick.
- **One-pan cleanup:** Using the same pan for the whole recipe not only builds flavor but keeps cleanup simple – a win for weeknight dinners!
- Loved this **Creamy Italian Pan Chicken and Potatoes** recipe? Try more of our **easy Italian-inspired dinners:**
  - Creamy chicken breast with mushrooms – a creamy, garlicky favorite
  - Stovetop Italian Sausage and Peppers – simple, flavorful, and family-friendly
  - Chicken Marbella with an Italian Twist – tangy, sweet, and savory perfection

Don't forget to **subscribe to our newsletter** for more

one-pan meals, weeknight dinners, and authentic Italian recipes delivered straight to your inbox! ☐





## **Creamy Italian Pan Chicken and Potatoes**

**Servings: 4**

**Cook Time: 25–30 minutes**

# Ingredients

- 2 chicken breasts, cut in medium dice
- 3 small potatoes, diced (about 2 cups)
- 1 red bell pepper cut into dice
- 1 yellow bell pepper cut into dice
- 2 cloves garlic, minced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- $\frac{1}{2}$  cup dry white wine (for deglazing)
- $\frac{3}{4}$  cup heavy cream
- 1 cup freshly grated mozzarella cheese
- 2 tablespoons olive oil
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)

# Instructions

## 1. Prepare the ingredients:

Slice the chicken breasts into medium dice so they cook quickly and evenly. Dice the potatoes, slice the bell peppers, and mince the garlic.

## 2. Cook the potatoes:

Heat 1 tablespoon of olive oil in a large pan over medium heat. Add the diced potatoes and season lightly with salt. Cook for 8–10 minutes, stirring occasionally, until golden and tender. Remove from the pan and set

aside.

**3. Sear the chicken:**

Add the remaining tablespoon of olive oil to the same pan. Season the chicken with salt, pepper, garlic powder, and onion powder. Cook for 4–5 minutes per side, until golden and cooked through. Remove and set aside.

**4. Sauté the peppers:**

Add the sliced bell peppers to the pan and cook for 3–4 minutes until softened. Add minced garlic and sauté for 30 seconds, just until fragrant.

**5. Deglaze with wine:**

Pour in the white wine, scraping up any browned bits from the bottom of the pan. Let it simmer for 2–3 minutes to reduce slightly and cook off the alcohol.

**6. Make the creamy sauce:**

Lower the heat and stir in the heavy cream. Simmer for 2–3 minutes until the sauce thickens slightly.

**7. Combine and finish:**

Return the cooked chicken and potatoes to the pan. Stir to coat everything evenly in the creamy sauce. Sprinkle mozzarella on top, cover, and let it melt for 2–3 minutes.

**8. Serve:**

Garnish with fresh parsley and serve warm straight from the pan.

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# Roasted Butternut Squash Soup

## Roasted Butternut Squash Soup

There's nothing quite like a warm bowl of roasted butternut squash soup on a chilly day. This version roasts everything together – butternut squash, onions, garlic, sweet peppers, and carrots – for deep, caramelized flavor. Once roasted, everything is blended into a silky, naturally creamy soup that's comforting, wholesome, and full of fall goodness. It's a simple, rustic dish that tastes like something you'd get at a cozy café, yet it's easy to make right at home.

## Things to know about this Roasted Butternut Squash Soup

- **Roasting Builds Flavor:** Roasting the squash, onion, garlic, peppers, and carrots together gives this soup a naturally sweet, caramelized depth you can't get from boiling.
- **Easy to Blend:** Once roasted, everything purees beautifully for a smooth, creamy texture – no need for added cream unless you want extra richness.
- **Customizable Broth:** Use vegetable broth for a vegetarian version or chicken broth for a heartier flavor.
- **Freezer-Friendly:** This soup freezes well for up to 3 months. Reheat gently on the stove and refresh with a splash of broth.
- **Perfect Make-Ahead Meal:** Roast the vegetables a day in advance, then blend and warm when ready to serve for a quick, cozy meal.

- **Italian Flavor Twist:** Add a drizzle of olive oil infused with rosemary, a sprinkle of Parmesan cheese, or a touch of crushed red pepper for that warm Italian flair.

If you love this cozy soup, you might also enjoy:

- Italian wedding soup
- Italian Escarole and Beans with Sausage
- Zuppa Toscana with Italian Sausage
- Vegetarian Mushroom Soup with an Italian Twist



# Roasted Butternut Squash Soup

**Servings:** 4–6

**Cook Time:** 1 hour (15 min prep, 45 min roast)

## Ingredients

- 1 large butternut squash, halved and seeds removed
- 1 medium onion, roughly chopped
- 4 cloves garlic, unpeeled
- 1–2 small sweet peppers (or bell pepper), chopped
- 2 medium carrots, peeled and chopped
- 2–3 tablespoons olive oil
- Salt and black pepper, to taste
- 4 cups vegetable or chicken broth (as preferred)
- Optional:  $\frac{1}{2}$  teaspoon smoked paprika or pinch of chili flakes for depth
- Optional toppings: a drizzle of cream, toasted pumpkin seeds, or crispy sage

## Instructions

1. **Preheat oven:** to 400°F (200°C).
2. **Prepare vegetables:** Place the cleaned, halved butternut squash on a baking sheet, cut side up. Fill each cavity with chopped onion, garlic cloves (still in skin), and peppers. Scatter the carrots around the pan.
3. **Season and roast:** Drizzle everything with olive oil and season with salt and pepper. Roast for about 45–50

minutes, or until the squash is tender and caramelized.

4. **Scoop and blend:** Once cooled slightly, scoop the flesh from the squash and squeeze out the roasted garlic. Add all roasted vegetables to a blender with 3 cups of broth. Blend until smooth, adding more broth to reach your desired consistency.
  5. **Simmer:** Pour the soup into a pot and warm over medium heat for 5–10 minutes. Adjust seasoning as needed.
  6. **Serve:** Ladle into bowls and top with a drizzle of cream or olive oil and your favorite garnishes.
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## 5 Cozy Italian-Inspired Fall Soups

## 5 Cozy Italian-Inspired Fall Soups

When the air turns crisp and the leaves start to fall, nothing warms the soul like a steaming bowl of soup. Over my years in Italian kitchens and running my restaurants, I've crafted many comforting soups that bring warmth and flavor to chilly days. These five cozy Italian-inspired fall soups are my absolute favorites – perfect for family dinners, casual weeknights, or when you just need a little comfort in a bowl.

Each one is packed with flavor and nostalgia, and I've linked each recipe so you can make them right at home. Plus, these

soups aren't just for fall – they'll keep you cozy all through the cold weather season!



## **1. Classic Italian Wedding Soup**

Comforting, hearty, and filled with mini meatballs, greens, and pasta. Italian Wedding Soup Perfect for chilly nights, this traditional Italian favorite brings nostalgia and warmth in every spoonful.



## **2. Creamy Italian Sausage Zuppa Toscana**

Creamy and savory with sausage and greens – tastes like fall in a bowl. Zuppa Toscana with Italian Sausage This restaurant-style soup is rich, comforting, and made easily at home.



### **3. Potato Leek Soup with Pancetta**

- A restaurant classic – simple, silky, and full of flavor. Potato Leek Soup with Pancetta One of the most popular soups from my restaurant days, it's rustic yet elegant, and perfect for cozying up on a fall evening.



#### **4. Split Pea Soup with Ham**

- A hearty and rustic soup that feels like home cooking at its best. Split Pea Soup with Ham A longtime favorite from my restaurant menu, this one delivers rich, smoky comfort with every bite.



## 5. Escarole and Bean Soup with Italian Sausage

- A true Italian classic that's nourishing and full of flavor. Escarole and Beans with Italian Sausage Simple, healthy, and satisfying – this soup has all the soul of Italian home cooking.

## Things to know about these 5 Italian inspired Fall soups

- **Use quality ingredients.** A great soup starts with a good base – use a rich homemade or low-sodium broth, fresh herbs, and real Parmigiano-Reggiano for authentic Italian flavor.
- **Layer your flavors.** Sautéing onions, garlic, and vegetables first helps develop deep, rich flavor before adding liquids.
- **Don't rush the simmer.** Many soups taste even better the next day as the flavors meld – perfect for meal prepping or easy leftovers.
- **Add pasta last.** For soups like Italian Wedding or Zuppa

Toscana, cook the pasta separately or just until al dente in the soup to avoid overcooking.

- **Freeze-friendly favorites.** Split Pea Soup, Escarole and Bean, and even the Italian Wedding Soup freeze beautifully – perfect for cozy nights when you don't feel like cooking.
  - **Garnish matters.** A drizzle of good olive oil, fresh herbs, or a sprinkle of cheese can turn a simple bowl into something restaurant-worthy.
  - **Pair with crusty bread.** No Italian soup night is complete without a loaf of warm, crusty bread or homemade baguette for dipping.
  - Try one and tag me on Instagram @ Lorianasheacooks – I love seeing your cozy soup
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## **Squash Varieties + Easy Cooking Ideas**

## **Squash Varieties + Easy Cooking Ideas**

Every fall, I look forward to squash season. Growing up, it was a staple at the market, and even now I can't resist filling my basket with all the different shapes and colors. Each variety has its own personality—some sweet and creamy, others nutty and hearty—and they all find their way into comforting dishes in my kitchen. From soups and pastas to

stuffed squash dinners, these vegetables bring warmth to the table.

## Why Squash is So Special

Squash is more than just pretty on the counter—it's wholesome, versatile, and naturally comforting. Packed with fiber, vitamins, and antioxidants, it's a vegetable that feels indulgent while being nourishing. And I love how it works in both savory dishes (like roasted squash with herbs or creamy risottos) and sweet recipes (cakes, muffins, even cookies).

## Things to know about Squash Varieties + Easy Cooking Ideas

### Common Types of Squash

- **Butternut Squash**

Sweet, creamy, and one of the most popular varieties. Perfect for soups, roasting, or blending into a pasta sauce.

- **Acorn Squash**

Mild and nutty with a tender texture. Its natural "bowl" shape makes it perfect for stuffing with sausage, rice, or grains.

- **Delicata Squash**

Quick-cooking with edible skin, slightly sweet flavor, and beautiful striped skin. Great roasted in slices or tossed into salads.

- **Spaghetti Squash**

Once baked, its flesh turns into golden strands that mimic pasta. A fun and lighter way to serve saucy dishes.

## • Easy Ways to Cook Squash

- Roast with olive oil, garlic, and fresh herbs.
- Stuff with sausage, rice, or seasonal vegetables.
- Puree into soups, sauces, or risottos.
- Toss into pasta or gnocchi.
- Bake into breads, muffins, or cakes.
- **How to pick:** Look for squash that feels heavy for its size, with firm skin and no soft spots.
- **Storage:** Whole squash keeps well on the counter for 1–2 months. Once cut, store in the fridge and use within a week. Cooked squash can be frozen for up to 3 months.
- **Peeling tip:** Microwave a whole squash for 2–3 minutes before peeling—it softens the skin and makes it easier to handle.

## • A Cozy Recipe to Try: Creamy Butternut Squash Pasta with Italian Sausage

Now that we've explored the different types of squash and how versatile they can be, I wanted to share one of my favorite ways to enjoy butternut squash in the fall. It turns into the creamiest pasta sauce, and when paired with Italian sausage, it becomes the kind of hearty, comforting meal everyone loves.

- If you're ready to start cooking with squash, I've got a few more cozy recipes to get you inspired. My Italian sausage & spinach butternut squash

stuffed Roasted Butternut Squash Gnocch

# Creamy Butternut Squash Pasta with Italian sausage

## Ingredients

- 1 medium butternut squash (about 2  $\frac{1}{2}$ –3 lbs), peeled, seeded, and cubed
- 3 tbsp olive oil, divided
- Salt and black pepper, to taste
- $\frac{1}{2}$  tsp crushed red pepper flakes (optional)
- 1 lb Italian sausage (mild or spicy), casings removed
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- $\frac{1}{2}$  cup chicken broth (or vegetable broth)
- $\frac{1}{2}$  cup heavy cream
- $\frac{1}{2}$  cup grated Parmesan cheese
- 12 oz short pasta (rigatoni, penne, or orecchiette work well)
- Fresh sage or parsley, for garnish

## Instructions

1. **Roast the Squash:** Preheat oven to 400°F (200°C). Toss cubed butternut squash with 2 tbsp olive oil, salt, pepper, and crushed red pepper flakes.

Spread on a baking sheet and roast for 25–30 minutes, until tender and caramelized.

2. **Cook the Pasta:** While the squash roasts, bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Reserve 1 cup pasta water, then drain.
3. **Cook the Sausage:** In a large skillet, heat 1 tbsp olive oil over medium heat. Add Italian sausage, breaking it apart with a spoon, and cook until browned and cooked through. Remove sausage from the pan and set aside.
4. **Make the Sauce:** In the same skillet, add onion and sauté until softened, about 5 minutes. Stir in garlic and cook 1 minute more. Add roasted squash and broth. Simmer for 3–4 minutes, then blend (with an immersion blender or carefully in a regular blender) until smooth and creamy. Stir in the heavy cream and Parmesan.
5. **Combine Everything:** Return the sausage to the skillet. Add cooked pasta and toss, adding reserved pasta water as needed for a silky sauce.
6. **Serve:** Garnish with fresh sage or parsley, extra Parmesan, and a drizzle of good olive oil. Serve warm.

## Storage

Leftovers keep well in the fridge for 3 days. Reheat gently with a splash of broth or cream to loosen the sauce.

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# Creamy Italian Zuppa Toscana Soup

## Creamy Italian Zuppa Toscana Soup

Whenever the weather turns chilly, I can't resist making a big pot of soup. Over the years, I've made so many different kinds, both at home and in my restaurants, but this Zuppa Toscana has always been a favorite. Back when we were running our kitchens, soup was something I loved to feature because it brought people together – simple, comforting, and always changing with the season.

This version is one I make often for my family now. The smoky pancetta adds incredible depth, the sausage gives it that classic Italian heartiness, and the mix of kale and spinach reminds me of the rustic soups I grew up with. It's the kind of recipe that feels familiar yet special every time I serve it. And just like in the restaurant days, I can never resist pairing it with a warm loaf of crusty bread for dipping – because for me, that's where the comfort really begins.

## Things to know about this Creamy Italian Zuppa Toscana Soup

- **Greens:** I like to use both kale and spinach – the kale holds up beautifully in the simmering broth, and the spinach adds a touch of delicate freshness. If you only

have one on hand, either works fine.

- **Sausage:** Mild or spicy Italian sausage is your choice. In the restaurants, we always used a mix to balance flavors.
- **Pancetta:** Don't skip it! The little bites of pancetta add that smoky, salty depth that makes this soup taste like it's been simmering for hours.
- **Potatoes:** Thinly sliced potatoes cook quickly, but diced potatoes are great if you prefer chunkier bites.
- **Cream:** For a lighter version, I sometimes swap the heavy cream for half-and-half. It still gives that rich, cozy texture without feeling too heavy.
- **Serving suggestion:** Always serve with a warm slice of crusty bread or focaccia – it's how we did it in the restaurant, and it makes all the difference at home too.

### **Variation ideas:**

- Add a pinch of crushed red pepper for a little heat.
- Swap some of the potatoes for cannellini beans for extra protein.
- For a dairy-free option, use coconut milk instead of cream – it adds a subtle sweetness that pairs beautifully with the sausage.
- If you love this cozy Tuscan soup, try it alongside my creamy sausage tortellini soup or my classic Italian sausage risotto – both are perfect for a comforting meal any night of the week!"

# Creamy Italian Zuppa Toscana Soup

## Cook Time & Servings

- **Prep Time:** 10 minutes
- **Cook Time:** 30 minutes
- **Total Time:** 40 minutes
- **Servings:** 6

## Ingredients

- 2 tablespoons olive oil
- 4 oz pancetta, diced
- 1 lb. Italian sausage (mild or spicy, casings removed)
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 4 medium russet potatoes, thinly sliced or diced
- 6 cups chicken broth
- 1 teaspoon crushed red pepper flakes (optional)
- Salt & freshly ground black pepper, to taste
- 3 cups chopped kale (stems removed)
- 2 cups baby spinach
- 1 cup heavy cream (or half-and-half for lighter)
- Freshly grated Parmesan, for serving

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# Instructions

## 1. Cook pancetta & sausage:

In a large soup pot, heat olive oil over medium heat. Add pancetta and cook until golden and crisp. Add sausage, breaking it apart with a spoon, and cook until browned.

## 2. Sauté aromatics:

Stir in onion and cook until softened, about 5 minutes. Add garlic and cook 1 minute more.

## 3. Simmer potatoes:

Add potatoes, chicken broth, red pepper flakes, salt, and pepper. Bring to a boil, then reduce heat and simmer 15–20 minutes, or until potatoes are tender.

## 4. Add greens:

Stir in kale and spinach; cook 3–4 minutes until wilted.

## 5. Finish with cream:

Lower heat, stir in heavy cream, and warm through without boiling. Adjust seasoning as needed.

## 6. Serve:

Ladle into bowls, sprinkle with Parmesan, and serve with crusty bread.

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# **Spicy Italian Sausage cannellini Bean Soup**

## **Spicy Italian Sausage cannellini Bean Soup**

There's something about a bowl of soup that instantly feels like home. Growing up, my mom always had a pot of beans simmering on the stove, filling the kitchen with the smell of garlic, herbs, and tomatoes. In my restaurants, we often served comforting Italian classics, but I loved giving them a little twist—like adding spicy sausage to a simple bean soup to give it warmth and depth. This spicy Italian sausage and cannellini bean soup in a rich tomato broth is one of those recipes that's both hearty and approachable. It's perfect for weeknight dinners when you want something satisfying but easy, yet it's fancy enough to serve when friends or family come over. Every spoonful is a reminder of the flavors of my childhood, with a little Italian restaurant flair.

## **Things to know about this Spicy Italian Sausage cannellini Bean Soup**

- I always recommend soaking dried cannellini beans overnight—it makes them cook faster and gives the soup a creamier texture. I remember in my restaurants, we would sometimes slow-cook beans for hours, but soaking first always saved time without sacrificing flavor.
- This soup tastes even better the next day. If you make it ahead, the flavors meld beautifully, just like the soups we served in the restaurant that kept customers

coming back.

- For a slightly thicker, creamier soup, mash a few beans against the side of the pot before serving. It's a trick I picked up from my mother-in-law's kitchen—simple but adds so much texture.
- Don't forget a drizzle of high-quality olive oil and a sprinkle of fresh parsley before serving—it adds brightness and a restaurant-style finish.

### ▪ **Variations**

- **Greens for color and nutrition:** Stir in chopped kale, spinach, or escarole at the end for extra color and vitamins. I often did this in my restaurants to make the soup feel fresh and seasonal.
- **Extra heat:** Add more crushed red pepper flakes or a pinch of cayenne if you love spicy food. A little kick makes it cozy on cold evenings.
- **Hearty version:** Toss in small pasta shapes like ditalini or orzo to turn the soup into a filling one-pot meal. Perfect for serving hungry friends or family.
- **Cheese finish:** Top each bowl with shaved Parmigiano-Reggiano for richness and a touch of Italian elegance. In my restaurants, this always felt like the finishing touch that made customers smile.
- **Broth twist:** For a deeper flavor, simmer the soup with a splash of white wine before adding the tomatoes—a trick I learned from years of playing with flavors in my kitchen.
- Love hearty Italian soups? Try my Italian escarole and beans with sausage for another comforting classic, or warm up with creamy sausage tortellini soup for a rich, flavorful meal.

# Spicy Italian Sausage cannellini Bean Soup

**Servings: 6–8**

**Cook Time: 2 hours (includes soaking and simmering)**

**Prep Time: 20 minutes**

## Ingredients

- 1  $\frac{1}{2}$  cups dried cannellini beans (soaked overnight, drained)
- 1 lb spicy Italian sausage, casings removed
- 1 medium onion, finely chopped
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 3 cloves garlic, minced
- 2 (14 oz) cans crushed tomatoes
- 4 cups chicken or vegetable broth
- 2 cups water (plus more as needed)
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp crushed red pepper flakes (optional, adjust to taste)
- Salt and black pepper, to taste

- 2 tbsp olive oil
- Fresh parsley, chopped (for garnish)

## Instructions

1. **Prep the beans:** Soak dried cannellini beans overnight in plenty of water. Drain and rinse before using.
  2. **Cook the sausage:** In a large pot or Dutch oven, heat 1 tbsp olive oil over medium heat. Add sausage, breaking it into bite-sized pieces, and cook until browned. Remove sausage and set aside.
  3. **Make the soffritto:** In the same pot, add remaining olive oil. Sauté onions, celery, and carrots until softened, about 5–7 minutes. Add garlic and cook 1 minute more.
  4. **Combine ingredients:** Return sausage to the pot. Add crushed tomatoes, soaked beans, broth, water, oregano, thyme, and red pepper flakes. Stir to combine.
  5. **Simmer:** Bring soup to a boil, then reduce heat to low. Cover and simmer gently for 1  $\frac{1}{2}$  to 2 hours, or until beans are tender. Stir occasionally and add more water or broth if needed to reach your desired consistency.
  6. **Season:** Taste and adjust salt and pepper as needed.
  7. **Serve:** Ladle into bowls and garnish with chopped parsley and a drizzle of olive oil. Top with grated Parmigiano-Reggiano if desired.
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# Italian Spiced Lentil Soup

## Title with Recipe Name in it

There's nothing quite like a bowl of lentil soup to warm you from the inside out. This Italian spiced lentil soup takes the comforting rustic style of Italian cooking and layers it with warm, fragrant spices. The result is a simple yet deeply flavorful soup that feels both familiar and a little unexpected.

Instead of the usual tomato and vegetable base, this recipe leans on cumin, coriander, ginger, chili powder, and a hint of cinnamon to give the lentils a cozy depth of flavor. Olive oil, fresh greens, and a drizzle of finishing oil keep it rooted in Italian tradition. It's the kind of soup that makes your kitchen smell amazing while it simmers and tastes even better with a slice of crusty bread or focaccia on the side.

## Things to know about this Italian spiced lentil soup

- **Yellow lentils cook faster** than green or brown lentils and create a naturally creamy consistency—almost like a light purée.
- **Storage tip:** This soup thickens as it sits. Add a splash of broth or water when reheating to bring it back to the perfect texture.
- **Spice balance:** The cinnamon adds warmth without making it sweet—it balances beautifully with the cumin and chili powder.
- **Finishing touch:** For an extra burst of flavor, drizzle

the soup with your topping made from **olive oil, chili powder, and fresh parsley**. It adds color, heat, and freshness all in one spoonful.

- If you love cozy bowls like this **Italian Spiced Lentil Soup**, you'll also enjoy:
  - Creamy Italian Bean and Parmesan Soup
  - Split Pea Soup with Ham
  - Classic Italian Wedding Soup

# Italian Spiced Lentil Soup

## Servings & Time

- **Servings:** 4
- **Prep Time:** 10 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 30 minutes

## Ingredients

- 3 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger

- 1 teaspoon chili powder
- $\frac{1}{2}$  teaspoon ground cinnamon
- 2 cups dried red, yellow or brown lentils, rinsed
- 6 cups vegetable or chicken broth
- 2 bay leaves
- 1 teaspoon salt (or to taste)
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 2 cups chopped spinach or escarole (optional)
- Fresh parsley, chopped (for garnish)
- Drizzle of olive oil mixed with freshly chopped parsley for finishing

## Instructions

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and salt cook until soft and golden, about 5 minutes.
2. Stir in garlic, cumin, coriander, ginger, chili powder, and cinnamon. Cook for 1–2 minutes until fragrant.
3. Add lentils, broth, bay leaves, salt, and pepper. Bring to a boil, then reduce heat and simmer uncovered until lentils are tender, about 25-30 minutes.
4. Remove bay leaves. for a smoother consistency use a whisk to mix for a few minutes. Stir in spinach or escarole (if using) and cook for 2–3 minutes until wilted.

5. Adjust seasoning as needed.

6. Serve hot, garnished with the olive oil mix

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## **Italian Braised Short Ribs with Red Wine Sauce**

## **Italian Braised Short Ribs with Red Wine Sauce**

When the cooler weather sets in, I always find myself reaching for those slow-cooked, comforting dishes that fill the kitchen with warmth and incredible aromas. In Italy, fall and winter are the seasons of braises—hearty cuts of meat simmered low and slow with wine, herbs, and vegetables until they become tender enough to fall off the bone. This style of cooking is especially popular in Northern Italy, where rich red wines like Barolo, Chianti, or Montepulciano are often used to deepen the flavor of the sauce.

These Italian Braised Short Ribs in Red Wine Sauce are a perfect example of that rustic tradition. The beef slowly soaks up all the earthy flavors of garlic, rosemary, thyme, and a bold red wine, creating a sauce that's every bit as comforting as it is elegant. It's the kind of meal that feels special enough for company but also works beautifully as a Sunday family dinner—especially served over creamy polenta, mashed potatoes, or wide ribbons of pappardelle to catch every last drop of the sauce.

# Things to know about this Italian Braised Short Ribs with Red Wine Sauce

- **Best wine to use:** Always cook with a wine you'd enjoy drinking. Italian reds like Barolo, Chianti, or Montepulciano give the sauce depth, but any good dry red will work.
- **Make-ahead friendly:** Braised short ribs taste even better the next day as the flavors deepen. You can cook them a day ahead, then gently reheat before serving.
- **Serving suggestions:** The Italian way is to pair braised meats with creamy polenta or wide pappardelle pasta, but mashed potatoes or crusty bread for dipping are just as delicious.
- **Leftovers:** Shred leftover short rib meat and use it as a rich ragu over pasta or tucked into a hearty panini.
- **Cooking tip:** Keep the heat low and slow—this style of Italian braise is all about patience, letting the wine and herbs transform the meat into something truly tender.
- Looking for more cozy Italian comfort food? Try my **creamy Italian sausage risotto** for another hearty fall dinner, or my Spicy Italian sausage gnocchi soup. And if you love cooking with wine, you won't want to miss my **bone-in pork chop piccata** for a quick weeknight favorite.

## Italian Braised Short Ribs with Red

# Wine Sauce

## Servings

4–6

## Cook Time

- Prep: 20 minutes
- Cook: 3 hours
- Total: ~3 hours 20 minutes

## Ingredients

- 3–4 lbs bone-in beef short ribs
- Salt & freshly ground black pepper
- 3 tbsp olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 2 tbsp tomato paste
- 2 cups dry Italian red wine (Barolo, Chianti, or Montepulciano)
- 2 cups beef stock
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme

- 2 bay leaves

## Instructions

1. **Season & sear the short ribs:** Pat ribs dry and season generously with salt and pepper. In a large Dutch oven, heat olive oil over medium-high heat. Sear ribs on all sides until deep brown, about 3–4 minutes per side. Transfer to a plate.
2. **Sauté the aromatics:** In the same pot, add onion, carrots, and celery. Cook 5–6 minutes until softened. Add garlic and tomato paste, stirring for 1 minute until fragrant.
3. **Deglaze with wine:** Pour in the red wine, scraping up browned bits from the bottom. Simmer 5 minutes to reduce slightly.
4. **Add stock & herbs:** Stir in beef stock, rosemary, thyme, bay leaves, and porcini mushrooms (if using). Return short ribs (and any juices) to the pot. The liquid should come about halfway up the ribs—add more stock if needed.
5. **Braise low & slow:** Cover and cook at **325°F (160°C) in the oven for 2½–3 hours**, until the meat is fork-tender and falling off the bone.
6. **Finish the sauce:** Remove ribs to a platter and cover. Discard herb stems and bay leaves. Skim off excess fat from the sauce, then simmer uncovered for 5–10 minutes until slightly thickened. Adjust seasoning with salt and pepper.
7. **Serve:** Spoon sauce over the short ribs and serve with creamy polenta, mashed potatoes, or wide pappardelle pasta.

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# Creamy Italian Bean and Parmesan Soup

## Creamy Italian Bean and Parmesan Soup

There's nothing more comforting than a big pot of soup simmering away on the stove, especially when it's creamy, hearty, and packed with flavor. This **Creamy Italian Bean and Parmesan Soup with Spinach** is one of those recipes you'll want to keep on repeat. It's simple, nourishing, and comes together in under an hour – perfect for busy weeknights or cozy weekends at home.

The creamy base gets its richness from Parmesan and a touch of milk, while cannellini beans make it extra hearty. Fresh spinach stirred in at the end adds a pop of color and a boost of nutrition. Serve it with warm crusty bread, and you've got a comforting meal that feels rustic and homemade, just the way Italian food should.

## Things to Know about this creamy Italian bean and parmesan soup

- **Beans:** Cannellini beans are classic in Italian soups, but you can swap them with Great Northern or navy beans if that's what you have on hand.
- **Parmesan rind:** Don't skip this if you have one! It adds incredible depth and savoriness. If you don't, just add

a little extra grated Parmesan at the end.

- **Milk or cream:** Whole milk makes this soup creamy without being too heavy, but half-and-half or even a splash of cream will give it extra richness.
- **Spinach substitute:** Kale, Swiss chard, or even arugula work beautifully if you want to mix it up. Just adjust the cooking time so greens are tender but still vibrant.
- **Blending tip:** Only blending half the soup gives you the best of both worlds – creaminess and texture. If you like it super smooth, blend the whole pot.
- **Serving suggestions:** Crusty bread is a must, but you can also top the soup with garlic croutons, a drizzle of olive oil, or extra shaved Parmesan.
- **Storage:** This soup keeps well in the fridge for up to 3 days. Reheat gently on the stove, adding a splash of broth or milk if it thickens. Avoid freezing if you've used milk or cream, as the texture may change.
- If you love cozy Italian soups like this one, you'll want to try my **Creamy Sausage Tortellini Soup** next. And for a classic favorite, don't miss my comforting **Pasta e Fagioli** – perfect for keeping warm on chilly days!

## Ingredients

### • Creamy Italian Bean and Parmesan Soup

#### Ingredients (Serves 4–6)

- 3 tablespoons olive oil
- 1 medium onion, finely chopped

- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 14 oz. can crushed tomatoes
- 2 cans (15 oz each) cannellini beans, drained and rinsed
- 4 cups chicken or vegetable broth
- 1 cup whole milk or half-and-half
- 1 Parmesan rind (optional, for depth of flavor)
- $\frac{1}{2}$  cup freshly grated Parmesan cheese, plus extra for serving
- 1 teaspoon dried oregano
- $\frac{1}{2}$  teaspoon dried thyme
- 1 bay leaf
- 3 cups fresh spinach, roughly chopped
- Salt and freshly ground black pepper, to taste
- 2 tablespoons fresh parsley, chopped (for garnish)

## Instructions

1. **Sauté the base:** In a large pot, heat olive oil over medium heat. Add onion, carrots, and celery. Cook until softened, about 6–7 minutes. Stir in garlic and cook 1 more minute. Add the crushed tomatoes cook 5 minutes longer
2. **Add beans and broth:** Stir in beans, oregano, thyme, bay leaf, and Parmesan rind (if using). Pour in the broth

and bring to a simmer. Cook uncovered for 15–20 minutes.

3. **Blend for creaminess:** Remove bay leaf and rind. Use an immersion blender to puree about half the soup, leaving some beans whole. (Or transfer a few cups to a blender and return to pot.)
4. **Finish with Parmesan & milk:** Stir in milk (or half-and-half) and Parmesan. Simmer gently for 5 minutes, stirring often, until creamy.
5. **Add spinach:** Stir in spinach and cook just until wilted, about 2 minutes. Season with salt and pepper.
6. **Serve:** Ladle into bowls, garnish with fresh parsley and extra Parmesan, and serve with warm bread.

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## Italian Beef and Farro Soup

## Italian Beef and Farro Soup

When the air turns crisp and the leaves start to fall, there's nothing better than a warm, hearty soup to bring everyone to the table. This **Italian Beef and Farro Soup** was a favorite in our restaurant's fall menu—rich, rustic, and packed with flavor. Tender cubes of sirloin simmer alongside sweet carrots, celery, and aromatic herbs in a savory tomato and beef broth, while pearled farro adds a nutty, chewy texture that makes every bite satisfying. It's the kind of soup that warms both the kitchen and the heart, perfect for a cozy weeknight or a Sunday dinner with family.

# Things to know about this Italian Beef and Farro Soup

- **What is farro?**

Farro is an ancient Italian grain with a nutty flavor and chewy texture. It's a staple in Tuscan cooking and makes soups hearty without feeling heavy.

- **Can I substitute farro?**

Yes! If you don't have farro, barley works beautifully. Rice or small pasta can be used too, but they'll change the texture.

- **Best cut of beef:**

Sirloin works wonderfully here because it stays tender in a shorter simmer. You can also use stew meat, chuck, or even leftover roast beef.

- **Make-ahead friendly:**

This soup tastes even better the next day as the flavors develop. Farro holds up better than pasta, so it won't turn mushy.

- **Freezer tip:**

Freeze in portions without adding the parsley and Parmesan. Add those fresh when reheating for the best flavor.

- **Serving suggestion:**

A drizzle of good olive oil, a sprinkle of Parmesan, and warm crusty bread make this a complete meal

- **Craving more comforting Italian dishes?**

Try these reader favorites:

- [Mama's best Italian Meatballs](#)
- [Classic Italian Wedding Soup](#)

# Ingredients

## • Ingredients (serves 4–6)

- 1 pound sirloin, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 can (14.5 oz) diced tomatoes
- 6 cups beef broth
- 1 teaspoon fresh rosemary, chopped (or  $\frac{1}{2}$  teaspoon dried)
- $\frac{3}{4}$  cup pearled farro
- Salt and freshly ground black pepper, to taste
- $\frac{1}{4}$  cup fresh parsley, chopped
- Freshly grated Parmesan, for serving

# Instructions

1. **Brown the beef:** Heat olive oil in a large pot over medium-high heat. Add sirloin cubes and sear on all sides until browned. Remove and set aside.
2. **Sauté vegetables:** In the same pot, add onion, carrots, and celery. Cook until softened, about 5–6 minutes. Add garlic and cook 1 more minute.

3. **Build the soup base:** Return the beef to the pot. Stir in diced tomatoes, beef broth, thyme, and rosemary. Bring to a boil, then reduce heat and simmer for 25–30 minutes until the beef is tender.
4. **Cook the farro:** Add the farro and simmer for another 20–25 minutes until the farro is tender but chewy. Stir occasionally and add a bit more broth or water if needed.
5. **Season and finish:** Taste and adjust salt and pepper. Stir in fresh parsley just before serving.
6. **Serve:** Ladle into bowls, sprinkle with Parmesan, and enjoy with crusty Italian bread.