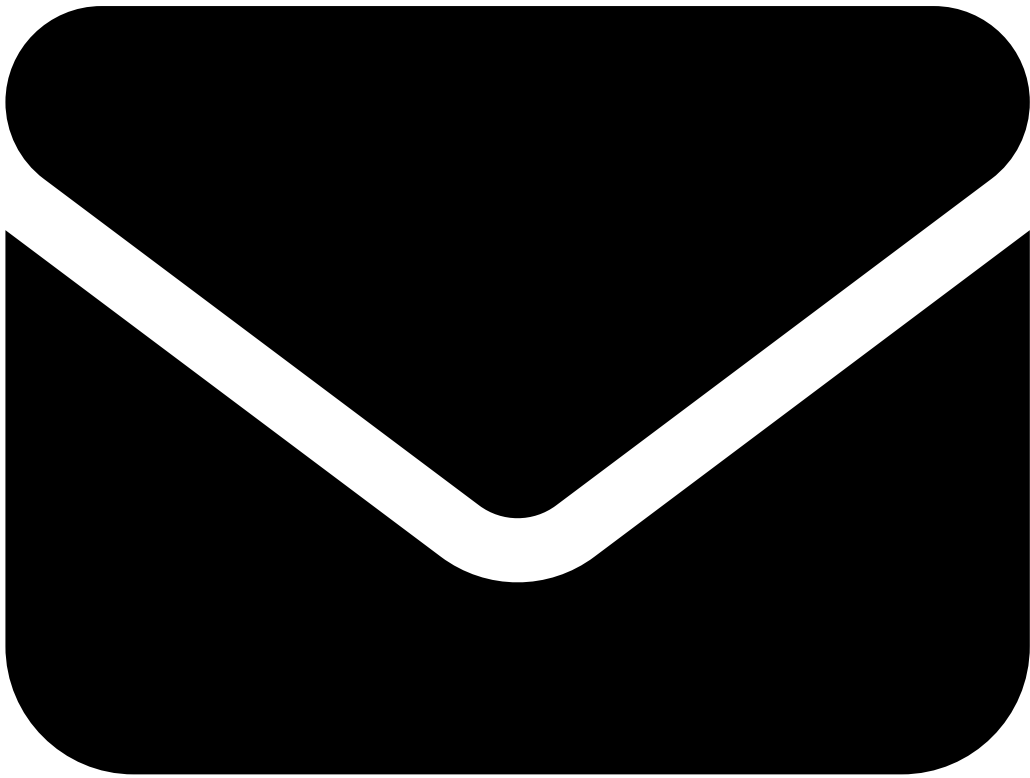


Creamy Italian Bean and Parmesan Soup

Creamy Italian Bean and Parmesan Soup

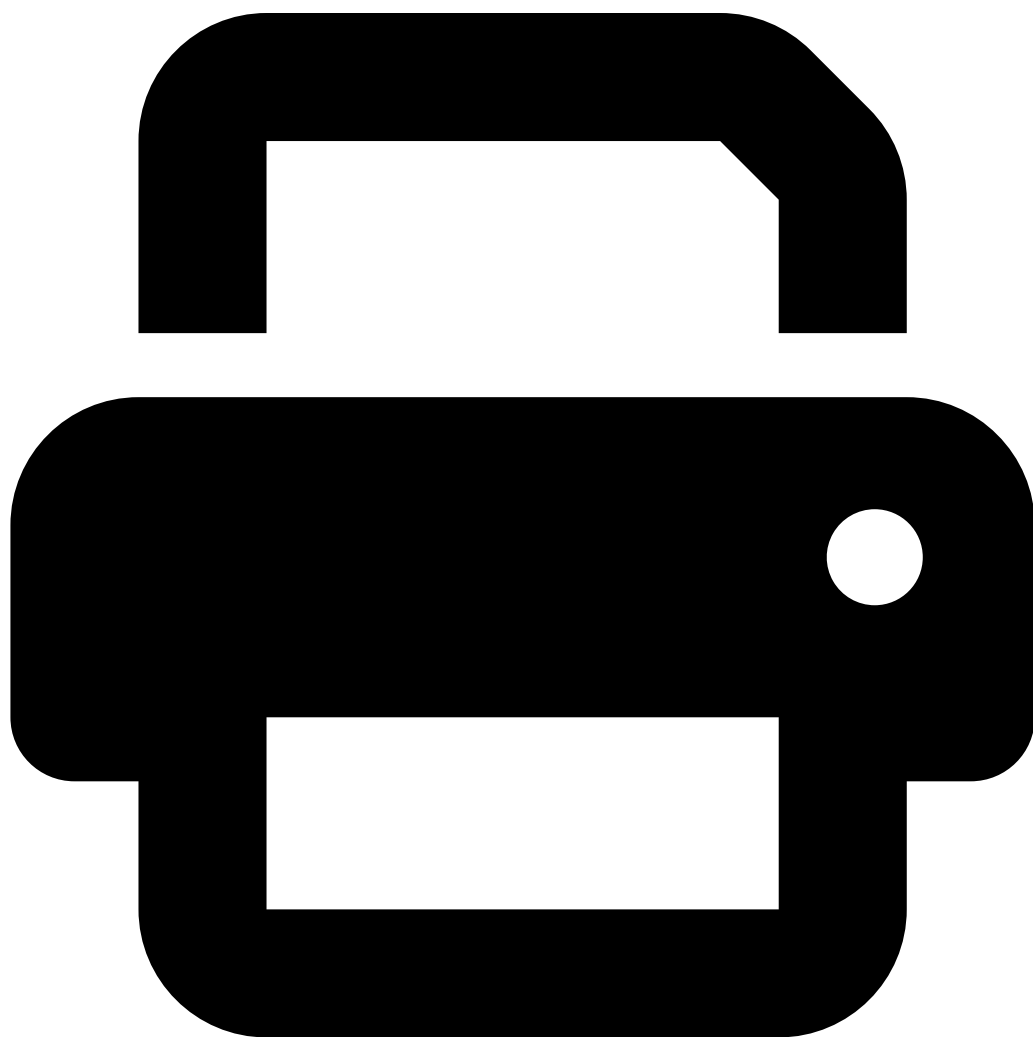
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There's nothing more comforting than a big pot of soup simmering away on the stove, especially when it's creamy, hearty, and packed with flavor. This **Creamy Italian Bean and Parmesan Soup with Spinach** is one of those recipes you'll want to keep 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!

Creamy Italian Bean and Parmesan Soup



Creamy cannellini beans, Parmesan, and fresh spinach come together in this hearty Italian soup that's rich, comforting, and perfect with a slice of warm crusty bread.

- 3 tbsp olive oil
- 1 medium onion, finely chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 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 tsp dried oregano
- $\frac{1}{2}$ tsp dried thyme
- 1 bay leaf
- 3 cups fresh spinach, roughly chopped
- Salt and freshly ground black pepper, to taste
- 2 tbsp fresh parsley, chopped (for garnish)

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

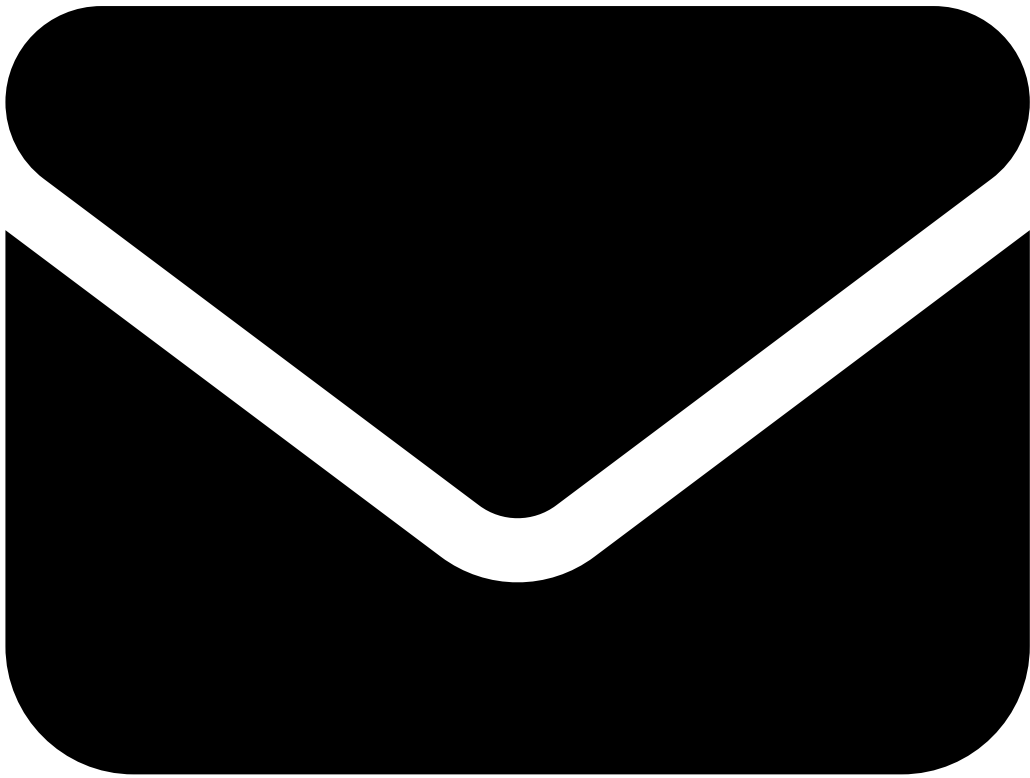
Ladle into bowls, garnish with fresh parsley and extra Parmesan, and serve with warm bread.

Italian Beef and Farro Soup

Italian Beef and Farro Soup

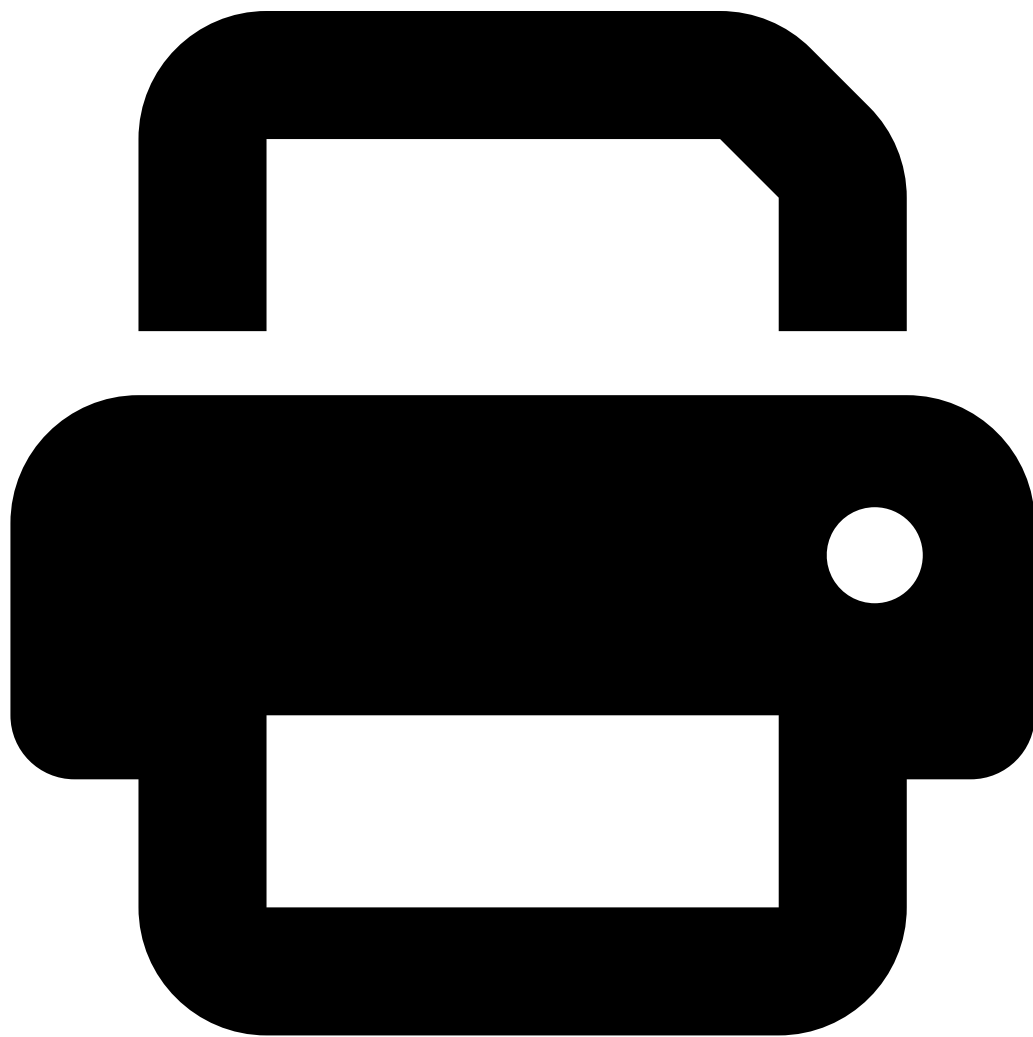
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When the air turns crisp and the leaves start to fall, there's nothing better than a warm, hearty soup to bring everyone to the table. This **Italian Beef and Farro Soup** was a favorite in our restaurant's fall menu—rich, rustic, and packed with flavor. 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

Italian Beef and Farro Soup



Tender beef, nutty farro, and hearty vegetables simmer in a rich tomato and beef broth for a comforting Italian soup that's perfect for chilly days.

- 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

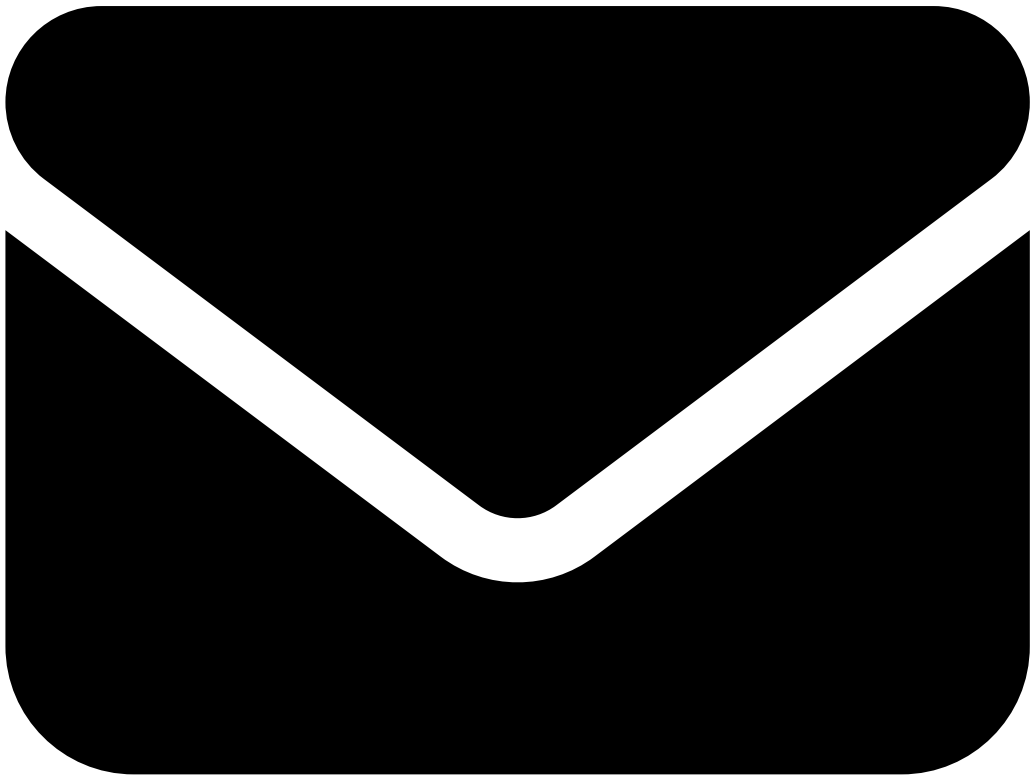
1. **Brown the beef:** Heat olive oil in a large pot over medium-high heat. Add sirloin cubes and sear on all sides until browned. Remove and set aside.
2. **Sauté vegetables:** In the same pot, add onion, carrots, and celery. Cook until softened, about 5–6 minutes. Add garlic and cook 1 more minute.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

Steak Pizzaiola with Potatoes and Peas

Steak Pizzaiola with Potatoes and Peas

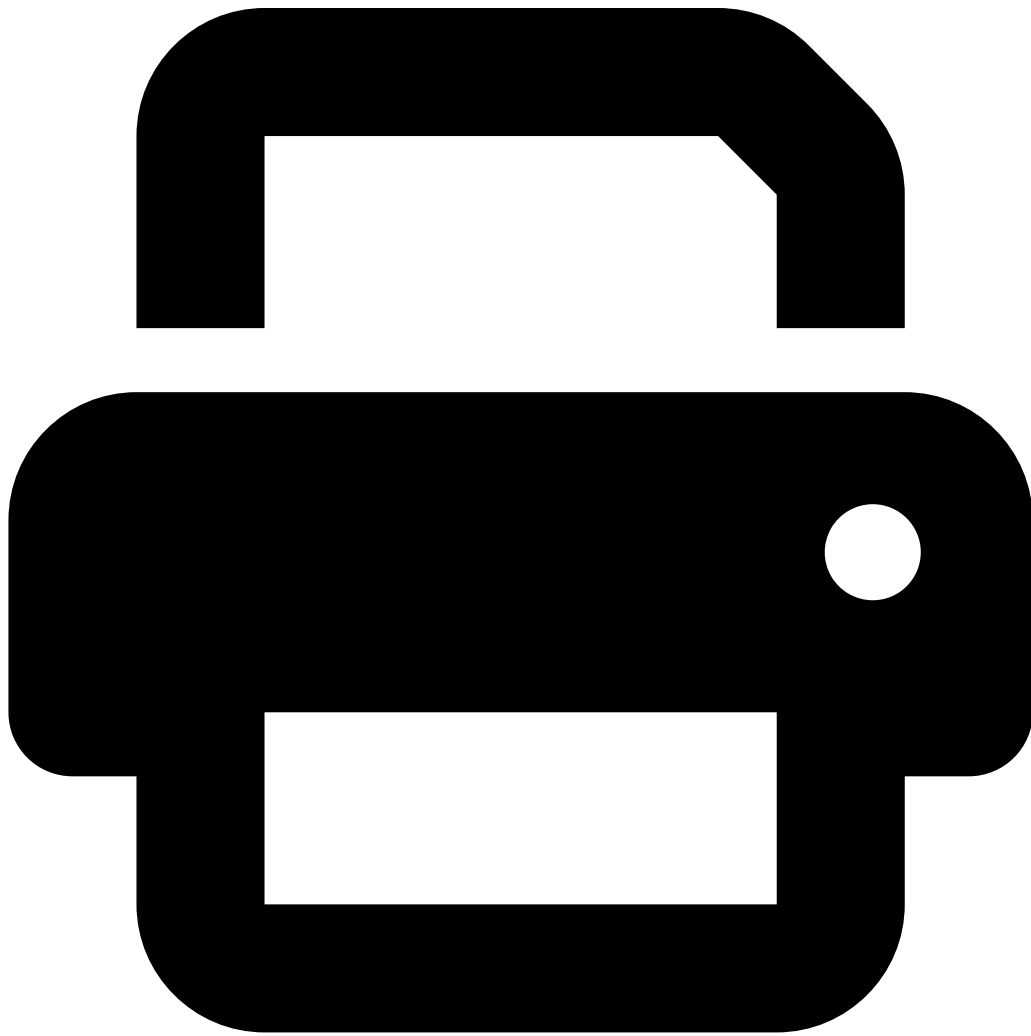
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Steak Pizzaiola with Potatoes and Peas is a rustic Italian classic that transforms simple ingredients into a hearty, comforting meal. Tender strips of sirloin are simmered in a rich tomato-based sauce with sweet bell peppers, golden potatoes, and fresh green peas, infused with garlic, oregano, and basil. This dish brings the warmth and flavor of an Italian kitchen straight to your table—perfect for fall or winter nights when you crave a cozy, satisfying dinner.

Things to Know About Italian Steak Pizzaiola with Potatoes and Peas

- **What is Pizzaiola?**

Pizzaiola is a traditional Neapolitan method of cooking beef in a tomato-based sauce with garlic, oregano, and herbs. Adding potatoes and peas makes it a hearty, one-pan meal.

- **Best Cuts of Beef:**

Sirloin works beautifully, but you can also use ribeye or flank steak. Slice thinly across the grain for maximum tenderness.

- **Make-Ahead Friendly:**

The tomato, pepper, and potato base can be cooked ahead of time. Add the steak and peas just before serving to keep everything fresh.

- **Serving Suggestions:**

Serve with crusty Italian bread, creamy polenta, or over rice. A light green salad makes a perfect accompaniment.

- **Wine Pairing:**

Medium-bodied Italian reds like Chianti or Montepulciano d'Abruzzo complement the tomato sauce and peppers beautifully.

- **Leftovers:**

Store in the fridge for up to 3 days. Reheat gently to keep the steak tender; flavors deepen overnight, making it even more delicious

- While you're here, check out some of our other Italian favorites:

- Creamy Sausage Tortellini Soup – rich, comforting, and full of flavor.
- Italian Wedding Soup – a classic, family-loved soup straight from our restaurant menu.

Don't forget to share your creations on Instagram and tag us – we love seeing your Italian kitchen

Steak pizzaiola with potatoes and peas



- 1 $\frac{1}{2}$ lbs sirloin steak (thinly sliced into strips)
- 1 large onion (thinly sliced)
- 2 medium potatoes (peeled and diced)
- 3 cloves garlic (minced)
- 1 can 14 oz crushed tomatoes
- 1 cup frozen peas (or fresh if in season)
- 2 tbsp olive oil
- $\frac{1}{2}$ cup dry white wine (optional)
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and freshly ground black pepper (to taste)
- Fresh parsley (chopped (for garnish))

1. Prepare the steak (10 minutes):

Season the sirloin strips with salt and pepper. Heat 1 tablespoon olive oil in a large skillet or Dutch oven over medium-high heat. Sear the steak for 2–3 minutes per side until browned but not fully cooked. Remove from the pan and set aside.

2. Cook the vegetables (15 minutes):

Add the remaining tablespoon olive oil to the pan. Sauté the onion until softened, about 5–6 minutes. Add the diced potatoes and cook another 5–7 minutes, stirring

occasionally, until lightly golden. Stir in the garlic and cook 1 minute until fragrant.

3. Build the Pizzaiola sauce (20 minutes):

Pour in the white wine (if using) and allow it to reduce for 2–3 minutes. Add the crushed tomatoes, oregano, and basil. Season with salt and pepper. Cover and simmer gently for 15–20 minutes, or until the potatoes are tender.

4. Finish the dish (5 minutes):

Stir in the peas and return the steak to the pan. Simmer on low heat for about 5 minutes, or until the steak is cooked through and the flavors are well blended.

5. Serve:

Garnish with chopped fresh parsley. Serve warm with crusty Italian bread, polenta, or over rice for a complete rustic Italian meal.

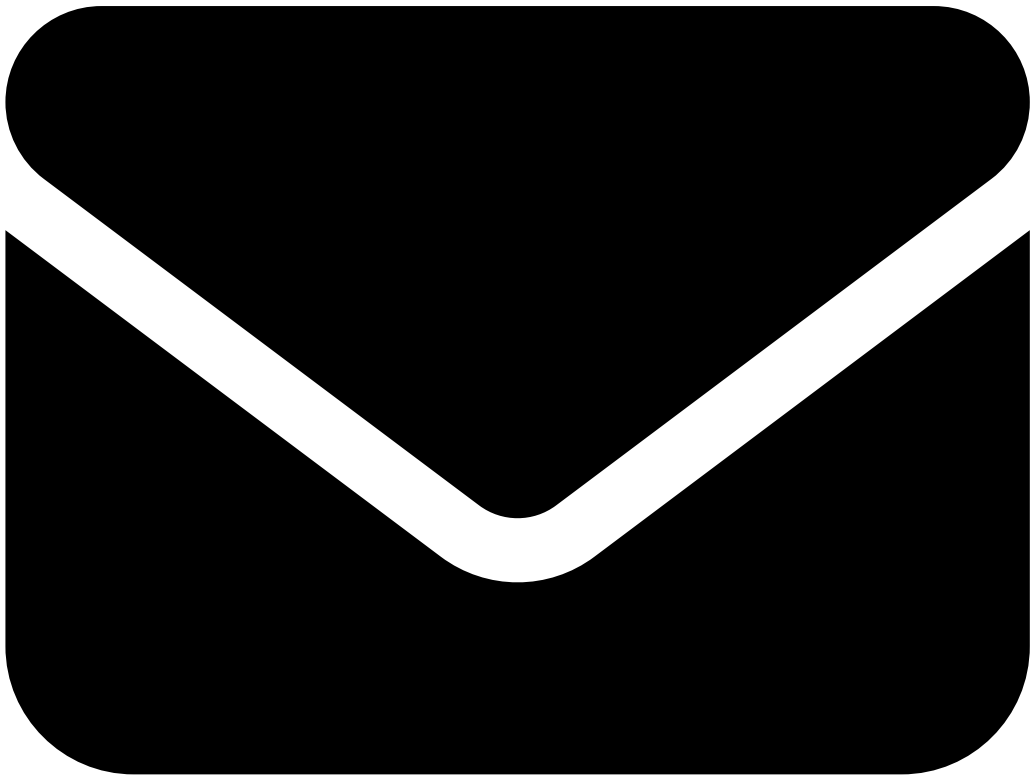
Spicy Italian Sausage Gnocchi Soup

Spicy Italian Sausage Gnocchi

Soup

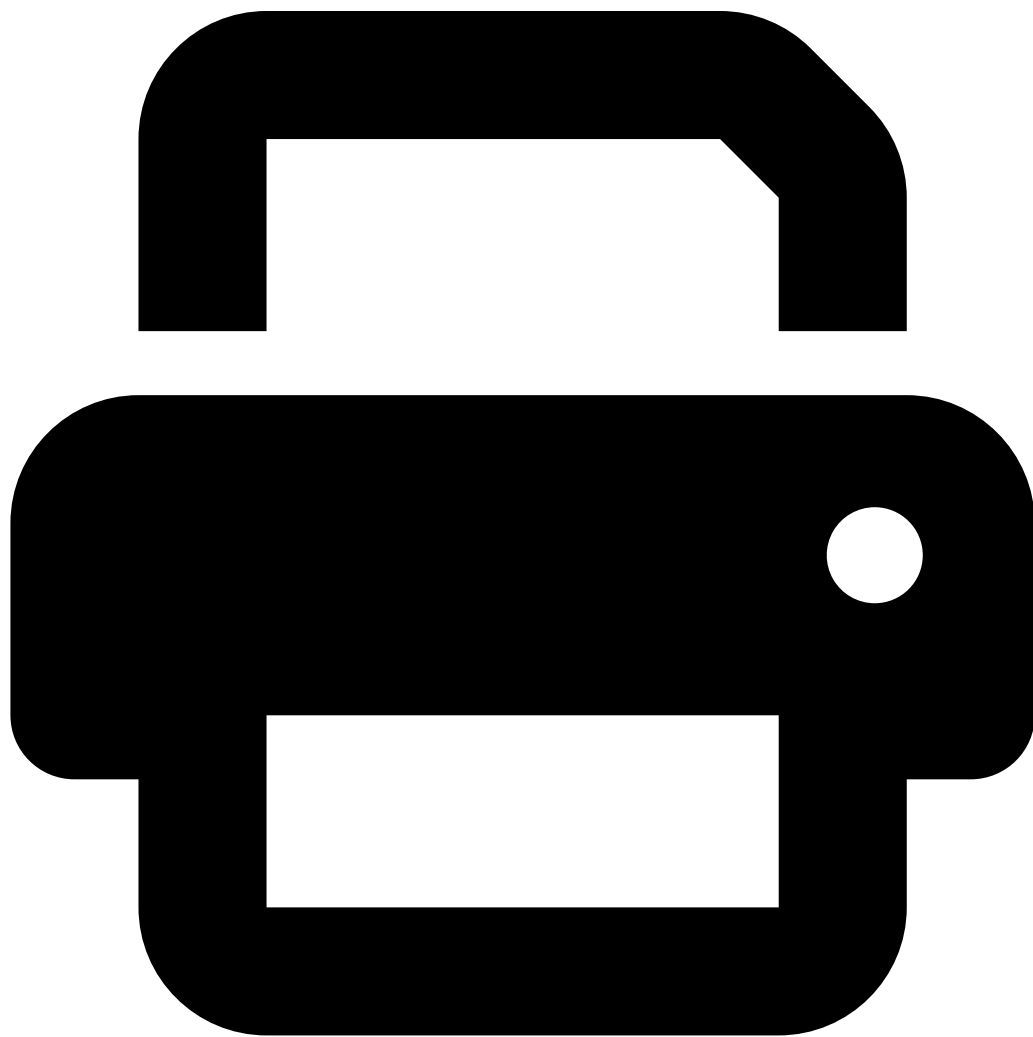
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There's something incredibly comforting about a big bowl of homemade soup, especially when it's filled with pillowy gnocchi and spicy Italian sausage. This hearty Italian Gnocchi Soup combines tender vegetables, a rich, savory broth, and just the right amount of heat from the sausage and red pepper flakes.

You can make homemade gnocchi from scratch for soft, tender little pillows that practically melt in your mouth, or use your favorite store-bought gnocchi when you want dinner on the table quickly. Either way, this is a cozy, satisfying soup that's easy enough for a weeknight and comforting enough for a chilly day when you're craving a taste of Italy.

Things to Know About Spicy Italian

Sausage Gnocchi Soup

Homemade or store-bought gnocchi: Homemade potato gnocchi makes this soup especially tender and luxurious, but good-quality store-bought gnocchi is a great shortcut when you want a quick and easy meal.

Adjust the heat: Spicy Italian sausage brings plenty of flavor and heat, while red pepper flakes add another layer of spice. Start with a small amount and add more to taste.

Customize the vegetables: Carrots, celery, and spinach make a delicious combination, but this soup is flexible. You can also add zucchini, kale, or roasted red peppers depending on what you have on hand.

Make-ahead tip: The soup itself can be prepared a day ahead. For the best texture, cook the gnocchi separately and add it to the soup just before serving. This keeps it from absorbing too much broth and becoming soft.

Storage and reheating: Store leftover soup in an airtight container in the refrigerator

for 2–3 days. Reheat gently on the stovetop, adding a little extra broth if the soup has thickened.

Easy finishing touches: Freshly grated Parmesan, a drizzle of extra-virgin olive oil, or a few fresh basil leaves make a simple but delicious finishing touch.

A complete meal in a bowl: With hearty sausage, tender gnocchi, vegetables, and flavorful broth, this soup is satisfying enough to serve as a meal on its own. Add some crusty Italian bread and dinner is done.

Make It With Homemade Gnocchi

If you want to take this soup to the next level, make your own

potato gnocchi. If you want to take this soup to the next level, make your own potato gnocchi. My **[Easy 4-Ingredient Potato Gnocchi]** recipe makes tender, pillowy gnocchi that are perfect for soaking up the flavorful broth.

Spicy Italian Sausage Gnocchi Soup



Spicy Italian sausage gnocchi soup combines tender potato gnocchi, savory Italian sausage, vegetables, and a rich, flavorful broth for a comforting one-pot Italian-inspired meal. A cozy soup perfect for chilly evenings and easy family dinners.

- 1 pound spicy Italian sausage (casings removed)
- 1 tablespoon olive oil
- 1 medium onion (diced)
- 2 garlic cloves (minced)
- 2 medium carrots (diced)
- 2 celery stalks (diced)
- 1 teaspoon red pepper flakes (optional, for extra heat)
- 6 cups chicken or vegetable broth
- 1 14.5-ounce can diced tomatoes
- 1 pound potato gnocchi (store-bought or homemade)
- 3 cups baby spinach or kale (chopped)
- 2 teaspoon Italian seasoning
- Salt and black pepper (to taste)

1. In a large pot or Dutch oven, heat olive oil over medium heat. Add sausage, breaking it apart, and cook until browned.
2. Add onion, garlic, carrots, and celery. Cook until softened. Stir in red pepper flakes and Italian seasoning.
3. Pour in broth and diced tomatoes. Bring to a boil, then reduce to a simmer for 15–20 minutes.
4. Add gnocchi and cook according to package instructions until tender.
5. Stir in spinach or kale until wilted. Season with salt and black pepper to taste.
6. Serve hot, garnished with parmesan cheese

Main Course, Soup

Italian

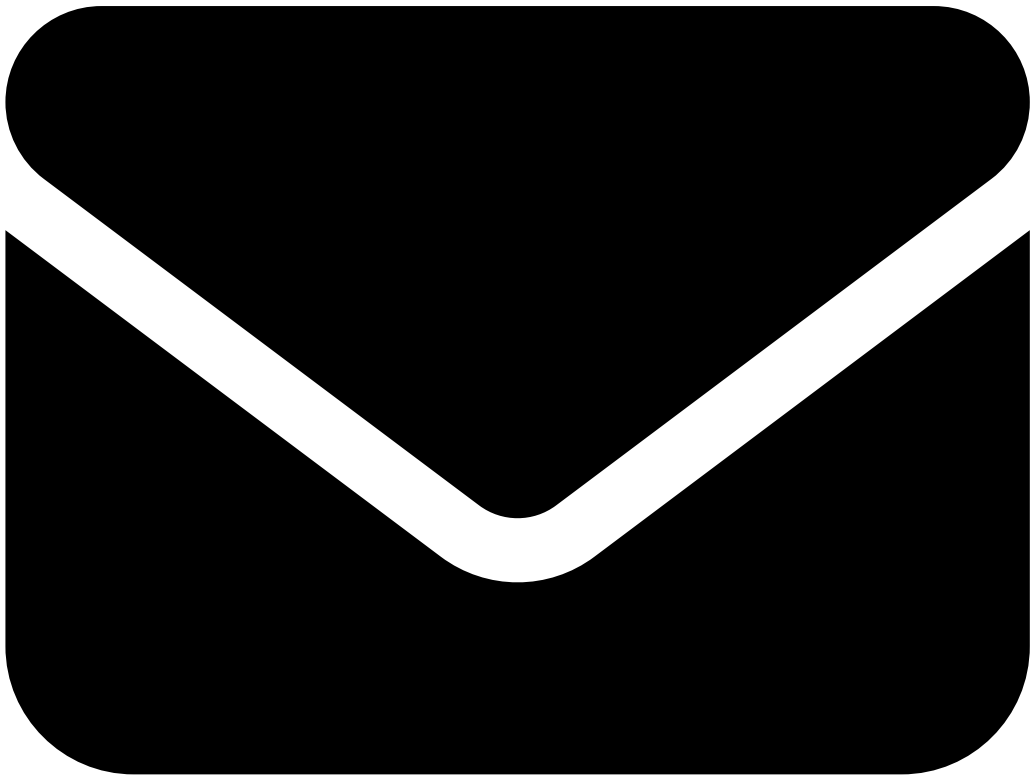
Italian sausage gnocchi soup

Ciambotta with Chicken – Italian Vegetable Stew

Ciambotta with Chicken – Italian Vegetable Stew

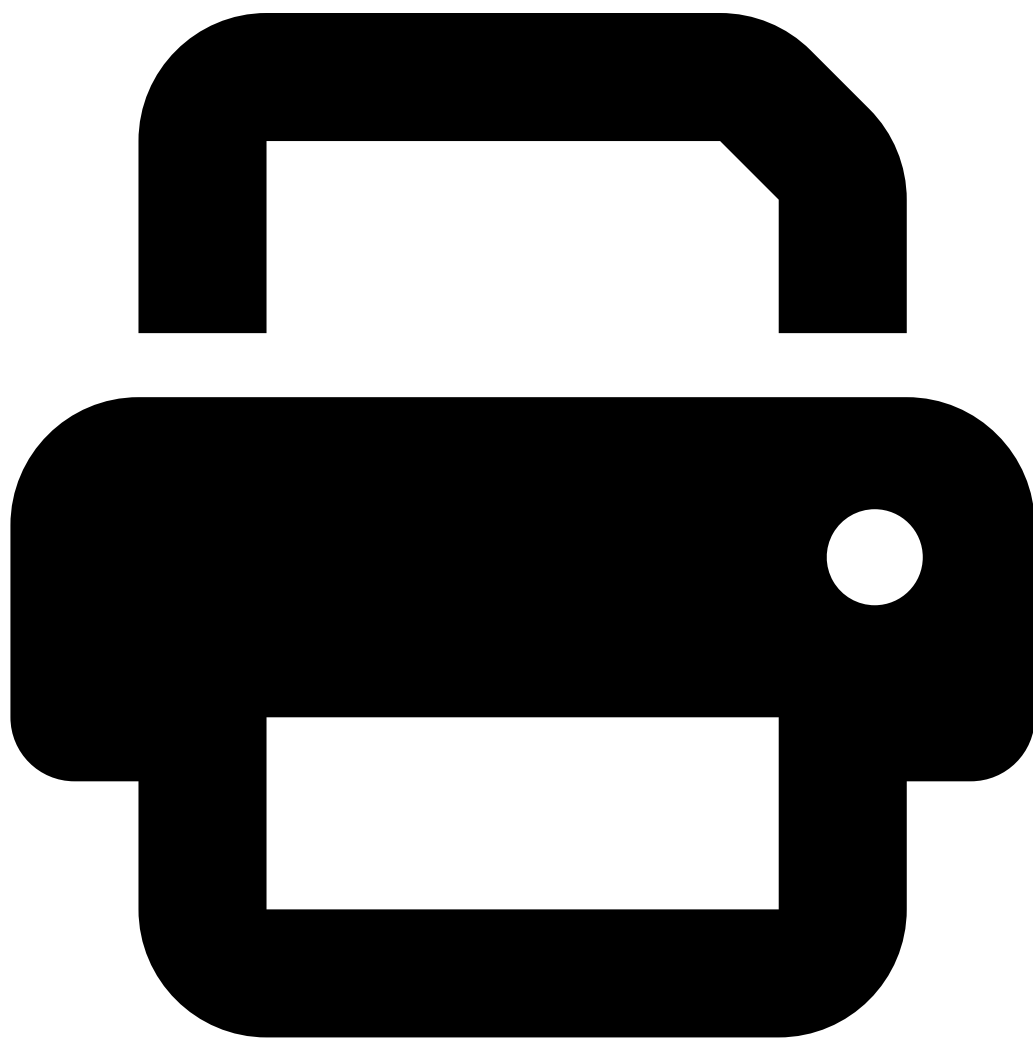
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Every summer, my mother would make a big pot of ciambotta – the rustic Italian vegetable stew that filled our home with the aroma of fresh herbs and slowly simmering garden vegetables. **First**, she would gather whatever was ripe from the garden – zucchini, eggplant, peppers, and tomatoes. **Then**, she would let them cook gently until the flavors melded together into pure comfort.

In this version, I add tender chicken breast for extra heartiness. **However**, the beauty of ciambotta is how adaptable it is. **Whether** you use vegetables from your own garden **or** pick them up at the market, you'll always end up with a wholesome, flavorful meal. **For even more richness**, you can swap in Italian sausage **or** combine it with chicken for a complete one-pan Italian dinner everyone will love.

Things to Know About Ciambotta with Chicken

A rustic Southern Italian stew: Ciambotta is a traditional vegetable stew associated with Southern Italy, where recipes vary from family to family and region to region. The heart of the dish is simple: seasonal vegetables cooked together until tender and flavorful.

The vegetables can change with the season: Eggplant, zucchini, potatoes, peppers, tomatoes, and onions are commonly found in versions of ciambotta, but there is no single set list of vegetables. This is one of those wonderfully flexible Italian recipes that lets you use what looks best at the market or what you already have in the kitchen.

Why chicken works so well: Tender pieces of chicken turn this vegetable stew into a complete meal. Browning the chicken first adds another layer of flavor and gives the finished stew a richer, more savory taste.

Take your time with the vegetables: The vegetables should become tender and flavorful without completely falling apart. Cutting them into similar-sized pieces helps them cook more evenly.

Fresh tomatoes or canned work: When tomatoes are at their summer best, fresh ripe tomatoes are wonderful in this stew. Outside of tomato season, good-quality canned tomatoes are an easy substitute.

Grilled Peach Caprese Salad

Juicy peaches, summer tomatoes, fresh mozzarella, and basil drizzled with simple balsamic.

Crispy Cauliflower Bites

Crunchy, savory veggie bites that everyone will love.

Ciambotta with Chicken – Italian Vegetable Stew



A rustic Southern Italian vegetable stew made with tender chicken, seasonal vegetables, tomatoes, garlic, and fresh herbs. This hearty one-pot meal is full of Mediterranean flavor and perfect with crusty bread for soaking up the savory tomato broth.

- 2 boneless (skinless chicken breasts (about 1 lb), cut into bite-sized pieces)
- 2 tablespoons olive oil
- 1 medium onion (diced)
- 3 garlic cloves (minced)
- 1 bell pepper (diced)
- 1 medium eggplant (about 1 lb, diced)
- 2 medium zucchini (about 12 oz, diced)
- 2 medium potatoes (about 10 oz, diced)
- 2 cups chopped tomatoes (or 1 can/14 oz diced tomatoes)
- 1 cup chicken broth
- 1/2 cup red wine
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon crushed red pepper flakes (optional)
- salt and pepper to taste

- Fresh parsley or basil (chopped, for garnish)

1. Prep the chicken: Season chicken breast pieces with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon black pepper.
2. Brown the chicken: Heat 1 tablespoon of olive oil in a large Dutch oven or heavy pot over medium-high heat. Add the chicken and cook for 4–5 minutes, until lightly golden but not fully cooked through. Remove and set aside.
3. Sauté aromatics: Add the remaining tablespoon of olive oil to the pot. Stir in the onion and cook for 3 minutes until softened. Add garlic and cook for 30 seconds until fragrant.
4. deglaze the pan with the red wine waiting until fully absorbed before proceeding
5. Add vegetables: Stir in the bell peppers, eggplant, zucchini, and potatoes. Cook for 5–6 minutes, stirring occasionally, until the vegetables begin to soften.
6. Build the stew: Add the cherry tomatoes (or canned tomatoes), chicken broth, oregano, basil, crushed red pepper flakes (if using), and remaining salt and pepper. Stir well, scraping up any browned bits from the bottom.
7. Simmer: Return the chicken to the pot. Bring to a gentle simmer, cover, and cook for 20–25 minutes, stirring occasionally, until the vegetables are tender and the chicken is cooked through.
8. Finish & serve: Taste and adjust seasoning if needed. Garnish with fresh parsley or basil. Serve hot with crusty bread to soak up the flavorful sauce

Main Course

Italian

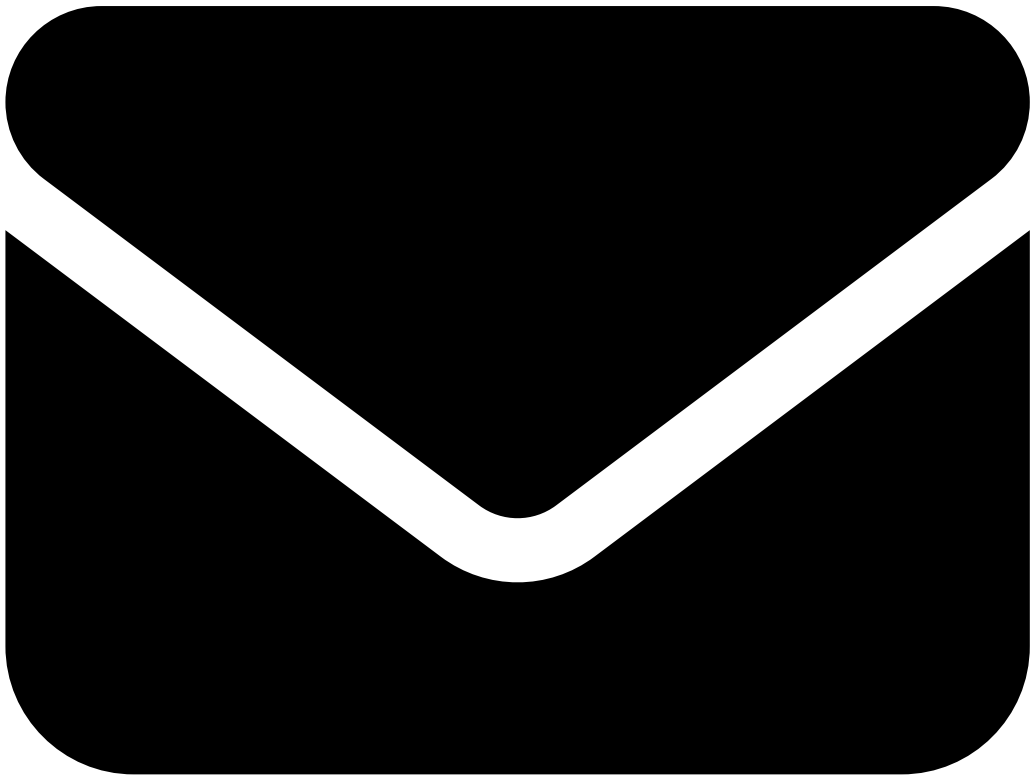
ciambotta with chicken, Italian vegetable stew,

Tuscan roasted Tomato & Eggplant Soup

Tuscan roasted Tomato & Eggplant Soup

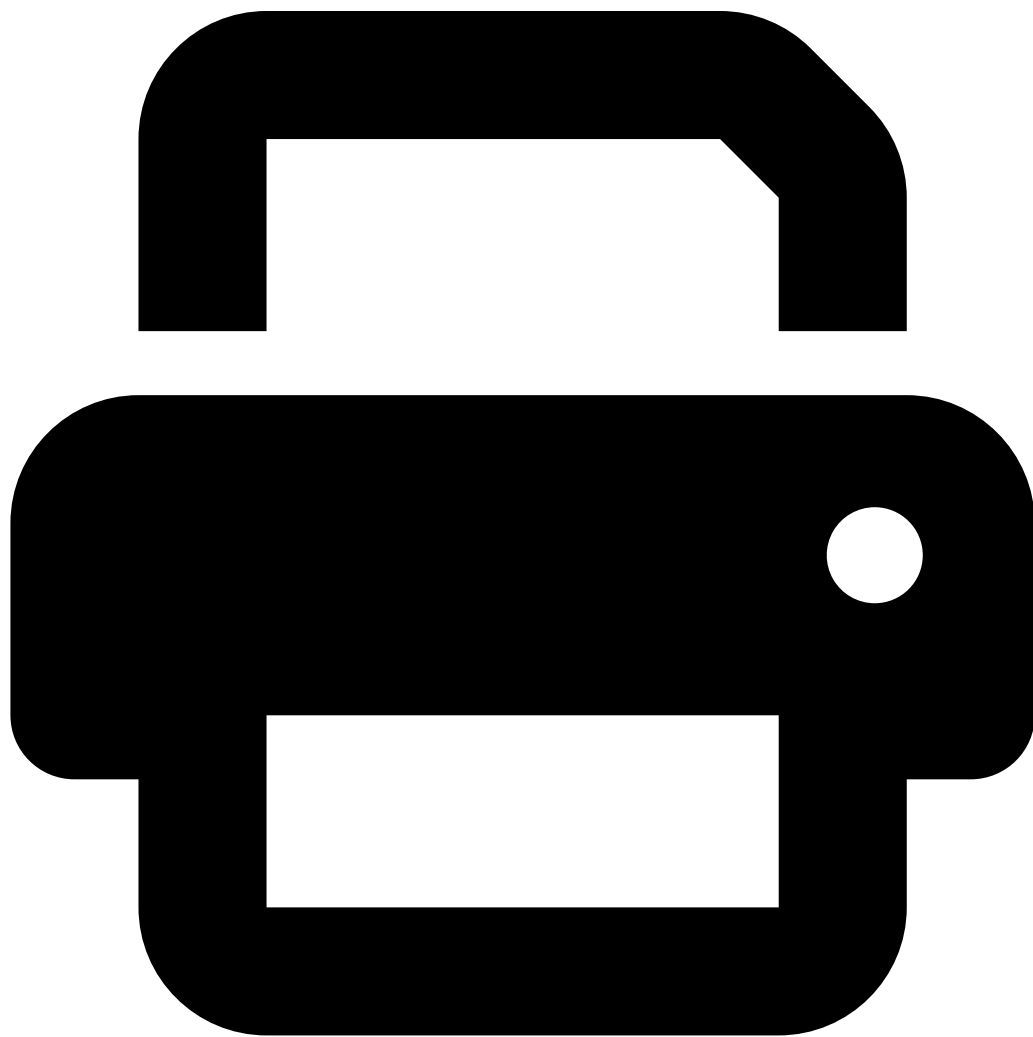
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There's something special about making a meal with vegetables you've grown yourself. This **Tuscan Roasted Tomato & Eggplant Soup** came together with ingredients picked straight from my summer garden—sun-ripened tomatoes, tender eggplant, sweet peppers, and garlic. It reminded me so much of my mom's garden growing up, where the late-summer harvest always turned into something cozy and delicious simmering on the stove.

But you don't need a garden to enjoy this soup. Just grab the freshest produce you can find—whether it's from the farmers' market, your local grocery store, or a roadside stand. A simple roast in the oven brings out deep, rich flavor, and the result is a rustic bowl of comfort that tastes like it's been passed down through generations.

Things to know about this Tuscan roasted tomato & eggplant soup

- **It's naturally simple and wholesome.** Made with just fresh vegetables, broth, and olive oil, this soup is light, nourishing, and full of flavor—perfect for any season.
- **Roasting is the magic step.** Roasting the tomatoes, eggplant, peppers, and garlic concentrates their flavors and gives the soup a rich, slightly smoky depth that you just can't get from boiling alone.
- **Customizable to your kitchen.** No eggplant? Add zucchini. Want it creamier? Blend in a spoonful of ricotta or coconut milk. Add white beans for protein, a handful of pasta to make it hearty, or a pinch of smoked paprika for extra warmth.
- **Use what's in season.** Fresh summer tomatoes are ideal, but if it's not tomato season, good-quality canned San Marzano tomatoes work too—just roast the other veggies and add the canned tomatoes in the blender stage.
- **It freezes beautifully.** Cool it completely before freezing in airtight containers or freezer bags. It's perfect for those chilly nights when you need something cozy and homemade.
- **Craving more seasonal Italian comfort?**
Here are a few more recipes straight from my kitchen to yours—fresh, simple, and full of flavor:
 - Roasted Zucchini Panzanella Salad
 - Amaretti-Stuffed Summer Peaches
 - Italian Summer Street Corn

Tuscan roasted Tomato & Eggplant Soup



Tuscan roasted tomato and eggplant soup combines oven-roasted tomatoes, tender eggplant, garlic, and herbs into a rich and flavorful Italian soup. A rustic, comforting recipe that highlights simple Mediterranean ingredients

- 2 lbs. ripe tomatoes (Roma or heirloom, halved)
- 1 medium eggplant (cut into cubes)
- 2 bell peppers (red, yellow, or orange, seeded and chopped)
- 1 small yellow onion (quartered)
- 6 garlic cloves (peeled)
- 3 tablespoons olive oil
- Salt and freshly ground black pepper (to taste)
- $\frac{1}{4}$ teaspoon crushed red pepper flakes (optional)
- 3 cups vegetable or chicken broth
- $\frac{1}{4}$ cup fresh basil leaves
- Optional for serving: extra virgin olive oil (pesto sauce, ricotta, or crusty bread)

1. **Roast the vegetables:** Preheat oven to 400°F (200°C). On a large baking sheet, toss tomatoes, eggplant, bell peppers, onion, and garlic with olive oil, salt, pepper, and red pepper flakes. Roast for 35–40 minutes, until vegetables are soft and caramelized.
2. **Blend:** Transfer roasted vegetables to a blender or use

an immersion blender with 1 cup of broth. Blend until smooth (or leave slightly chunky for a rustic texture).

3. **Simmer:** Pour into a pot, add the remaining 2 cups of broth, and bring to a simmer over medium heat for 10–15 minutes. Stir in fresh basil.
4. **Serve:** Ladle into bowls. Finish with a drizzle of olive oil, pesto sauce or a spoonful of ricotta. Serve with warm, crusty bread.

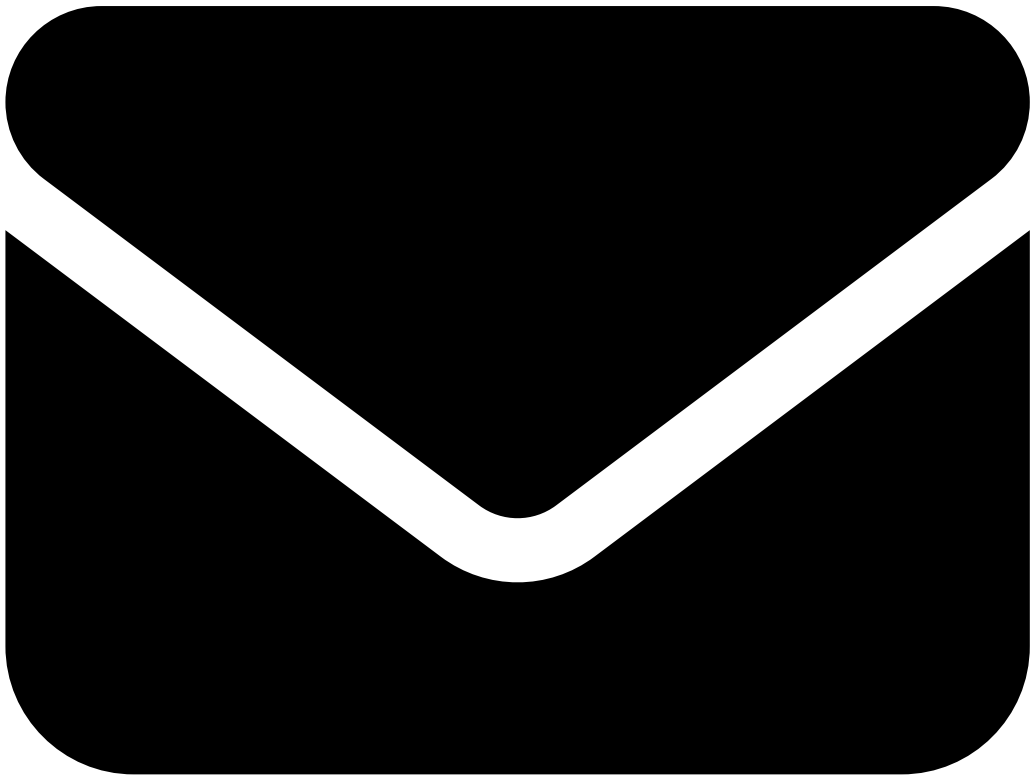
Soup
Italian

Southern Italian Meatballs with Potatoes and Peas

Southern Italian Meatballs with Potatoes and Peas

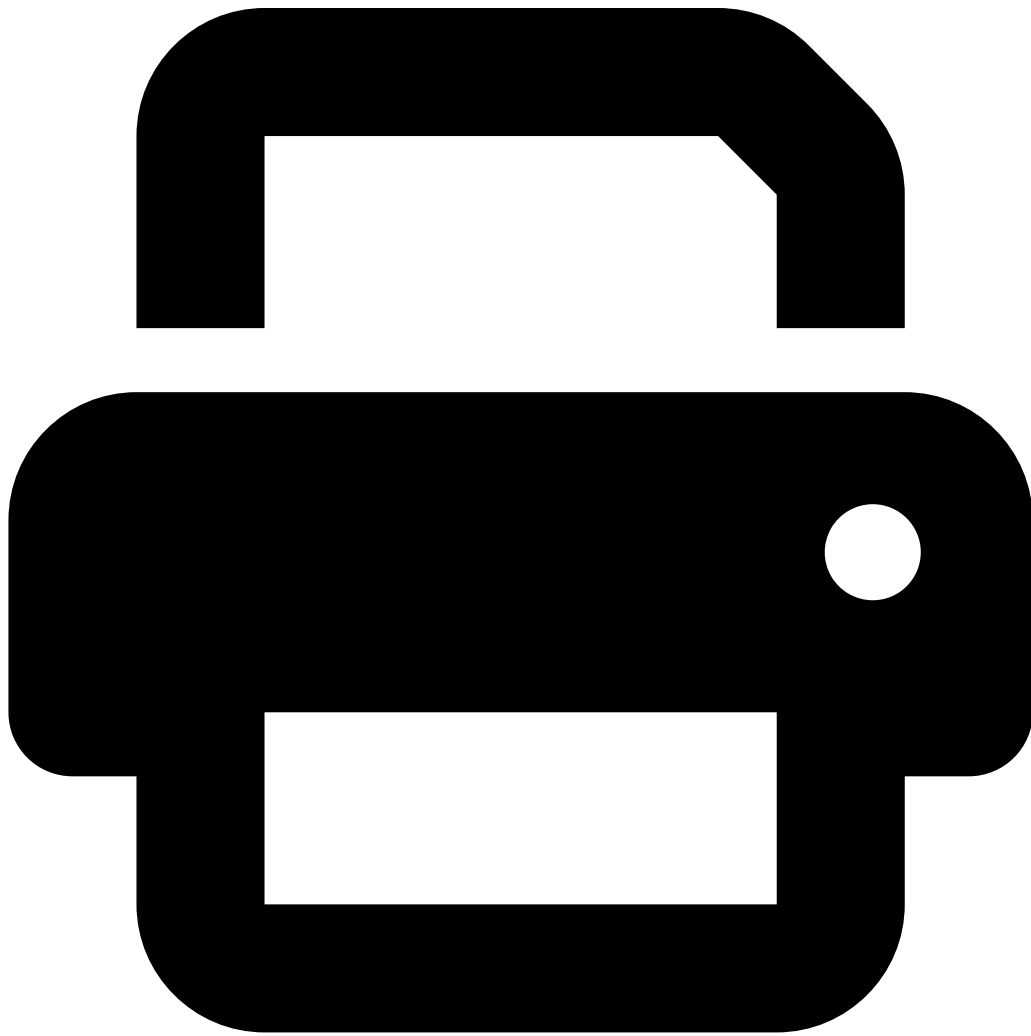
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This Southern Italian meatball dish with potatoes and peas is a rustic one-pot meal simmered in white wine and chicken broth. A cozy, comforting recipe inspired by *cucina povera*.

Although I was born in Tuscany, Northern Italy, some of my fondest food memories come from the Southern side of the country – especially dishes like this comforting plate of *polpette con patate e piselli*, or meatballs with potatoes and peas. My Mama would make this humble one-pot meal often, simmering the tender meatballs in a light broth of white wine and chicken stock until the potatoes were soft and the peas just burst with sweetness. It's a perfect example of *cucina povera* – simple, rustic ingredients brought to life with love.

This dish fed many in our home, and I still make it the same way today. It's comforting, hearty, and perfect with a piece of crusty bread to soak up the flavorful broth.

Things to know about this Southern Italian Meatballs with potatoes and peas

- **Cucina Povera Roots:**

This dish is a perfect example of *cucina povera*, Italy's tradition of making delicious meals with simple, humble ingredients. No fancy sauces here – just pantry staples transformed into comfort food.

- **No Tomatoes Needed:**

While many Italian meatball recipes rely on tomato sauce, this one simmers in a light white wine and chicken broth, allowing the flavors of the meat, potatoes, and peas to shine.

- **Great for Meal Prep:**

This dish reheats beautifully and actually tastes even better the next day, making it ideal for leftovers or meal prepping ahead.

- **Flexible Ingredients:**

You can use beef, pork, or a mix for the meatballs. Frozen peas work just as well as fresh, and Yukon Gold or red potatoes hold their shape nicely during simmering.

- **Serve it Simply:**

Traditionally served as a main course, this dish pairs best with crusty bread and a glass of white wine. No pasta needed – the broth is the star.

- **Family Favorite:**

This meal has been passed down in many Southern Italian homes for generations. It's hearty, budget-friendly, and feeds a crowd with ease.

Looking for more comforting Italian meals?

Try some of my other family favorites:

- ☐ Mama's Sunday Meatball Sauce
- ☐ Tuscan Chicken with Potatoes
- ☐ Italian Wedding Soup
- ☐ Sausage and Lentil Pasta

Southern Italian Potatoes, Peas & Meatballs



Southern Italian Potatoes, Peas & Meatballs is a comforting, rustic one-pot meal made with tender potatoes, sweet peas, and homemade Italian meatballs simmered together in a flavorful tomato sauce. This hearty family-style dish is simple, satisfying, and perfect for a Sunday dinner or any time you want a traditional Italian comfort meal.

- 1 lb. lean ground beef (85-15)
- 1/2 cup milk
- 2 eggs slightly beaten
- 1/4 cup grated Pecorino or Parmesan cheese
- 3/4 cup Italian seasoned breadcrumbs
- 2 cloves garlic finely minced (finely minced)
- 1 Tbsp. onion powder
- 2 Tbsp chopped Italian parsley
- Salt & pepper to taste
- 2 Tbsp. Olive oil

- 1/2 cup dry white wine
- 2 cups low-sodium chicken stock
- 3 small potatoes (peeled & cubed)
- 1-2 cups green peas (fresh or frozen)
- 1/3 cup chopped Italian parsley
- Salt and pepper to taste

1. **Prepare the meatballs:** In a large bowl, combine the breadcrumbs with the milk, let sit until the milk is fully absorbed add in the eggs, grated cheese, breadcrumbs, minced garlic, onion powder chopped parsley, and a generous pinch of salt and black pepper. Mix until just combined, being careful not to overwork the meat. Roll the mixture into small meatballs, about the size of a walnut.
2. **Brown the meatballs:** In a wide, deep skillet or Dutch oven, heat the olive oil over medium heat. Add the meatballs in a single layer (you may need to work in batches) and brown them on all sides, turning gently. Once golden, transfer them to a plate and set aside.
3. **Deglaze the pan:** With the heat still on medium, pour the white wine into the pan, scraping up any browned bits from the bottom with a wooden spoon. Let the wine simmer for a minute or two to reduce slightly.
4. **Simmer with potatoes:** Return the browned meatballs to the pan and add the cubed potatoes. Pour in the chicken stock, making sure the meatballs and potatoes are partially submerged. Cover the pan and let everything simmer gently for about 15–20 minutes, or until the potatoes are tender and the meatballs are cooked through.
5. **Add the peas:** Stir in the peas (fresh or frozen) and cook for another 5–7 minutes, just until the peas are heated through and tender. Taste and adjust seasoning if

needed. ENJOY!!!Ladle the meatballs, potatoes, and peas into shallow bowls with a bit of the broth. Serve warm with crusty bread to soak up the flavorful juices.

Main Course

Italian

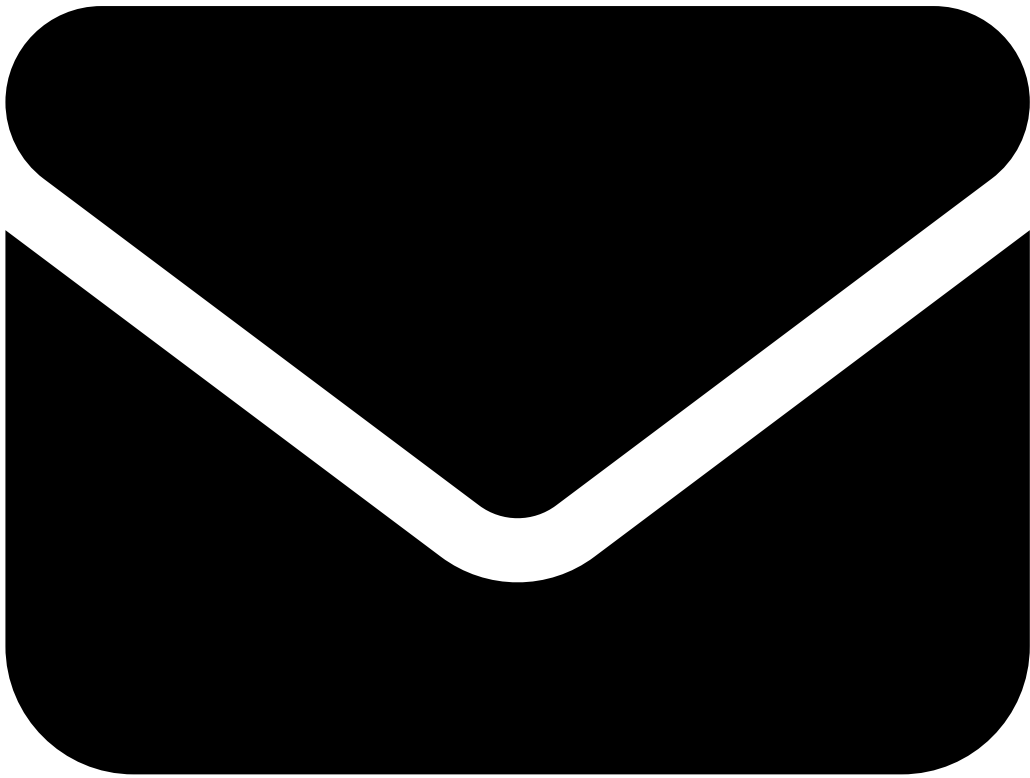
Southern Italian potatoes peas meatballs

Italian vegetarian Minestrone Soup

Italian vegetarian Minestrone Soup

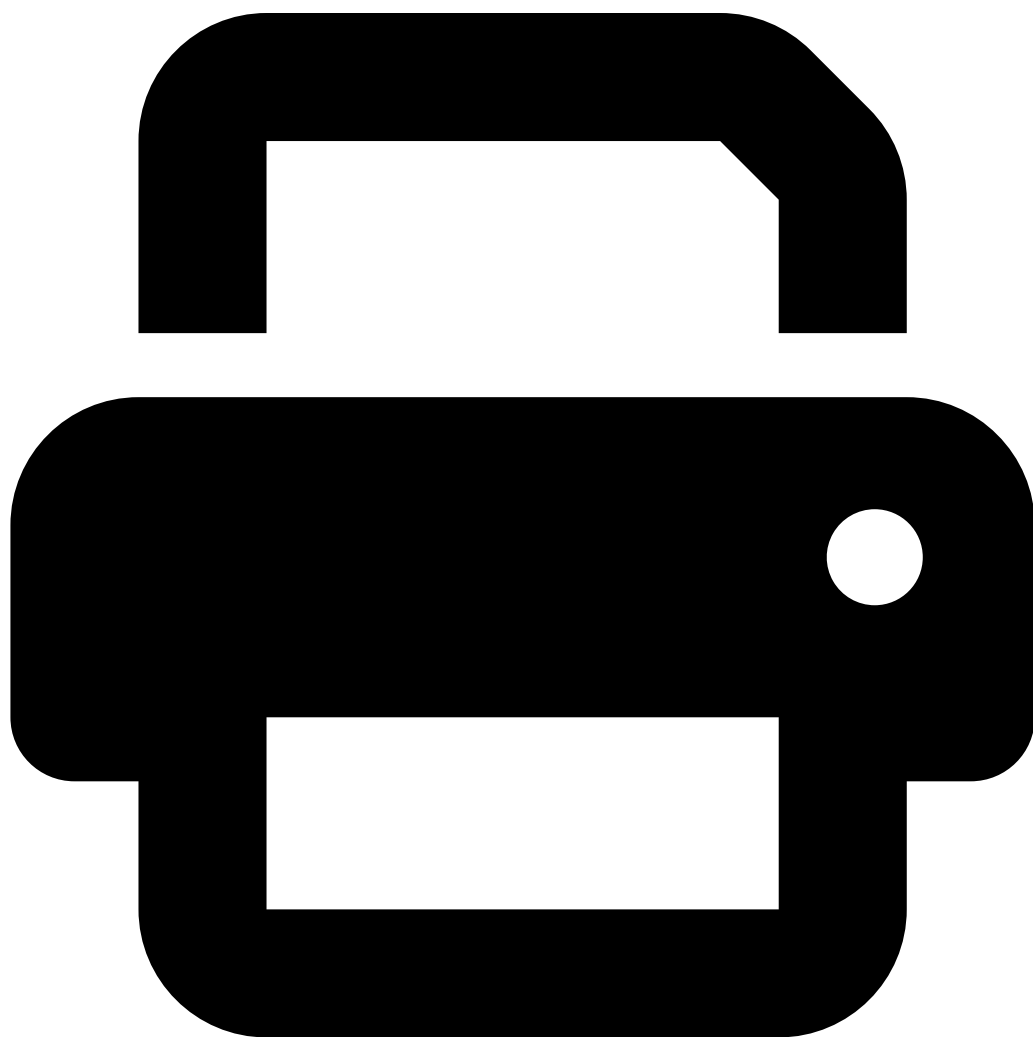
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This Italian vegetarian minestrone soup is Italy's version of vegetable soup—usually vegetarian and endlessly adaptable. There are as many versions as there are people who make it, and that's the beauty of it. Each batch is a little different depending on what you have on hand, making it uniquely your own. That's why we lovingly called it **“Ever-Changing Minestrone Soup”** on our menu.

So what exactly is minestrone? Is it a soup or a pasta dish? Technically, it's a thick, hearty Italian vegetable soup, often made with pasta or rice—sometimes even both. It's meant to be comforting, nourishing, and deeply satisfying.

This version is vegetarian, but the vegetables are completely flexible—just use whatever's in your fridge. Want to make it gluten-free? Skip the pasta. Keeping it vegan? Leave out the cheese. I've made this soup in just about every form imaginable. One variation I especially loved involved sautéed,

cubed tofu stirred in at the end—so hearty and delicious!

Things to know about this Italian vegetarian minestrone soup

Endlessly Customizable

One of the best things about minestrone soup is how flexible it is. There's no single "right" way to make it—what goes in depends entirely on what you have on hand. This version is completely vegetarian, and it can easily be made vegan by omitting the cheese or gluten-free by skipping the pasta. Whether you're cleaning out the fridge or planning a cozy fall meal, this soup adapts to your lifestyle.

It all begins with a flavorful foundation. The classic trio of onion, carrot, and celery—known as *soffritto in Italian* gives the soup depth. This base ensures the final soup is anything but bland.

Use a mix of hearty vegetables like zucchini, green beans, and potatoes, and don't forget to stir in a handful of greens such as spinach or kale at the end for a pop of color and a boost of nutrients. A touch of marinara adds body and richness to the broth, while pasta or rice transforms it into a full, satisfying meal. Just remember: aim for about twice as much liquid as vegetables for the perfect consistency.

While this soup is especially comforting in the fall and winter, it can easily be lightened up for the warmer months. Swap the marinara for pesto, and add seasonal ingredients like corn, peas, or diced fresh tomatoes. With minestrone, the seasons guide your ingredients—but the result is always delicious.

If you're a soup lover like me, be sure to try my **potato leek soup with pancetta** or my **creamy vegetarian tomato soup**. Enjoy!

Italian vegetarian Minestrone Soup



A hearty, comforting Italian vegetarian minestrone soup packed with fresh vegetables, beans, tomatoes, and tender pasta. This classic one-pot soup is simple, nourishing, and full of traditional Italian flavor—perfect for a cozy weeknight meal or a light lunch.

- 1/2 cup olive oil
- 1 small chopped onion
- 1 Tbsp. minced garlic
- 1 cup chopped Italian parsley
- 1 cup each chopped celery and carrots
- 1 cup chopped zucchini
- 1 cup cubed potatoes
- 1 cup green beans cut into 1/2 each pieces
- 1 cup each fresh or frozen peas and corn
- 1 cup canned kidney beans rinsed and drained
- 2 cups chopped spinach
- 4 cups vegetable stock
- 1 cup water
- 1 cup my easy marinara sauce
- 1 cup small shaped pasta
- 1 Tbsp. each thyme and oregano
- Salt and pepper to taste
- grated parmesan for serving

1. Sauté the base: In a large soup pot, heat olive oil over medium heat. Add onion, carrot, celery, and a pinch of

salt. Cook until softened, about 8–10 minutes. Stir in garlic and parsley; cook 1 more minute.

2. Add veggies and seasonings: Add zucchini, green beans, and potatoes. Stir in the oregano, thyme, , salt, and pepper. Cook for 2–3 minutes to coat the vegetables in the aromatics.
3. Simmer the soup: Pour in the broth, water, and marinara sauce. Bring to a boil, then reduce heat and simmer uncovered for 20 minutes, or until vegetables are tender.
4. Add beans, spinach and pasta (or rice): Stir in the beans and pasta. Simmer until pasta is al dente, about 8–10 minutes. If using spinach or kale, stir it in during the last 5 minutes of cooking.
5. Adjust and serve: Taste and adjust seasoning. If the soup gets too thick, add a bit more broth or water. Serve hot with a drizzle of good olive oil, grated cheese, or a spoonful of pesto.

For the best flavor, don't rush the vegetables. Sauté the onion, carrots, celery, and garlic until they're soft and fragrant before adding the tomatoes and broth. This simple step builds a richer, more flavorful base for the soup.

Soup

Italian

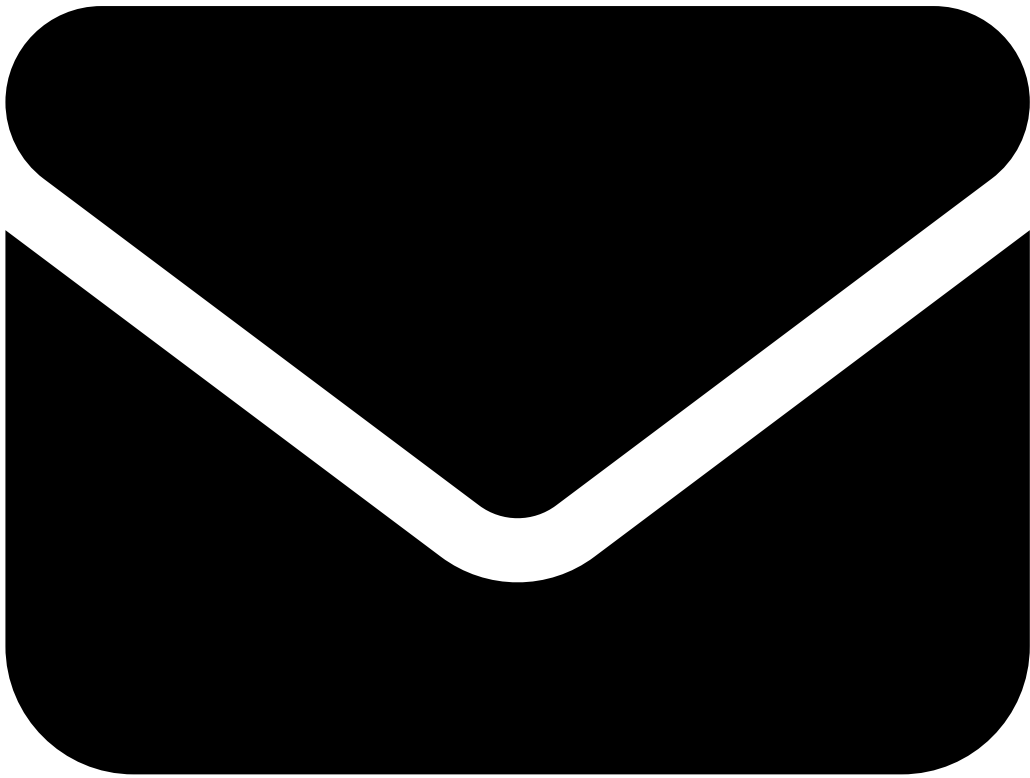
Italian minestrone soup

Italian sausage escarole and beans

Italian Sausage Escarole and Beans

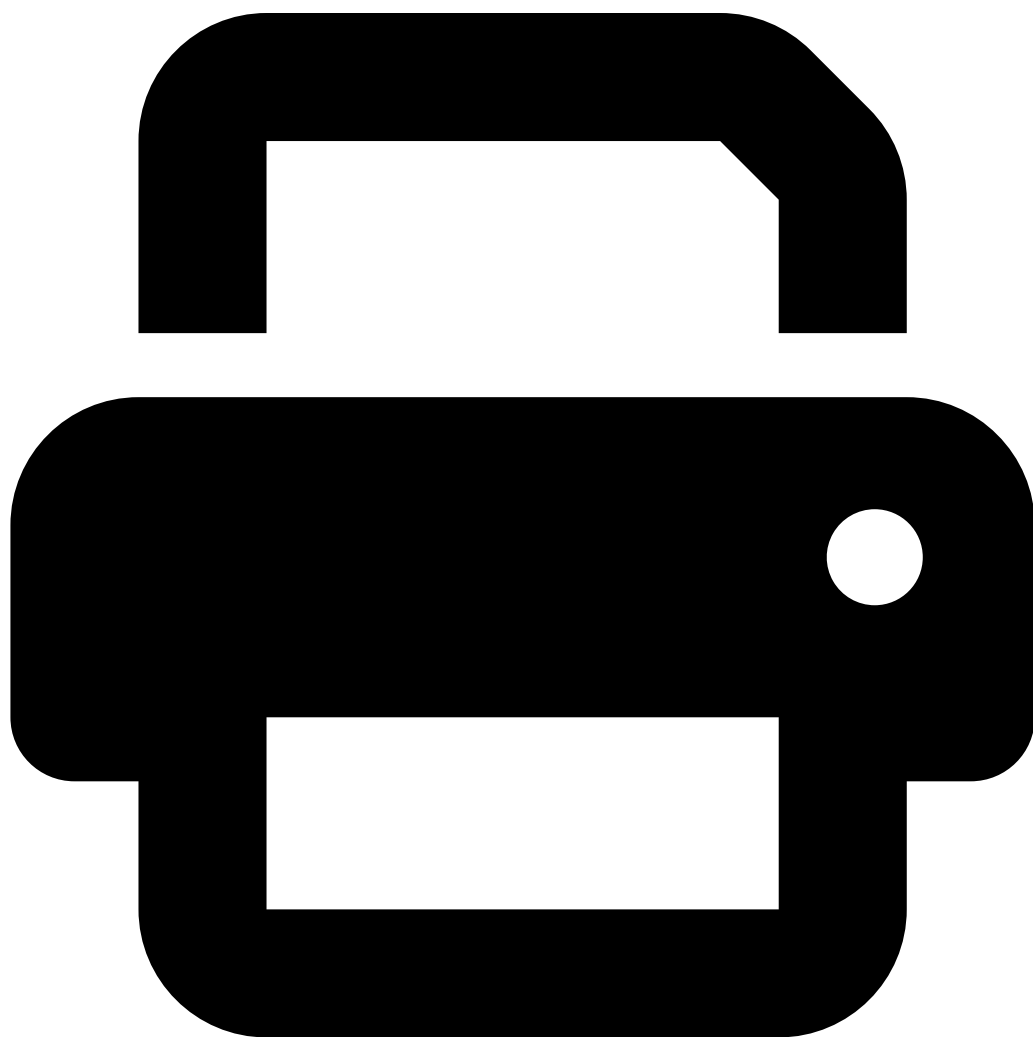
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There's something truly special about a pot of Italian escarole and beans with Italian sausage simmering on the stove. This rustic soup takes me right back to my childhood, when a big steaming bowl of it could turn an ordinary meal into something warm, comforting, and deeply satisfying.

Tender escarole, creamy white beans, and savory Italian sausage simmer together in a light, flavorful broth, creating a simple meal that feels like home. It's hearty without being heavy and made with wholesome, everyday ingredients you may already have in your kitchen.

Whether this soup brings back memories from your own childhood or you're discovering it for the first time, it's the kind of old-fashioned Italian comfort food that quickly becomes a family favorite.

Things to know about this Italian sausage escarole and beans

Fresh vs. canned beans: While canned beans are convenient, using fresh beans elevates the dish with a creamy texture and rich flavor. To use fresh beans soak them overnight and cook them right in the same pot as the sausage for 10 -15 minutes then add in the escarole and cook until the escarole is tender and the beans fork tender (10 minutes longer)

Broth options: Use chicken broth for a richer flavor or vegetable broth if you prefer a lighter taste.

Spice Level: If you like extra heat use more red pepper flakes to fit your taste. If on the other hand you don't like heat you can use mild Italian sausage and leave out the red pepper flakes.

This recipe is easily customizable. You can add a drizzle of good extra virgin olive oil for a gourmet touch, toss in some tomatoes for a touch of acidity and color, or stir in small pasta like ditalini for extra heartiness.

Italian sausage escarole and beans is a timeless dish that brings comfort and flavor to your table. Whether you're enjoying it with crusty bread as a soup or a side, this recipe is sure to become a staple in your kitchen too!!!

Italian Sausage Escarole and Beans



Italian Sausage Escarole and Beans is a rustic Italian soup made with savory Italian sausage, tender escarole, creamy white beans, and a light, flavorful broth. It's hearty, comforting, and an easy one-pot meal that's perfect for a cozy family dinner.

- 2 Tbsp. olive oil
- 4 gloves thinly sliced garlic
- 1 /2 lb. spicy Italian sausage crumbles
- 2 Teaspoon hot pepper flakes
- 1 head escarole cleaned and chopped
- 2 cups cooked fresh cannellini beans(or 1 15 oz. can drained and rinsed
- 4 cups chicken stock
- Parmesan rind
- Grated parmesan for serving
- Crusty bread (for serving)
- salt and pepper to taste

1. If using fresh beans rinse and soak them in water, for at least 1 hour or overnight.
2. Brown the sausage: In a large pot or Dutch oven in the olive oil over medium high heat, brown the sausage breaking it up as it cooks
3. Add the garlic, to the sausage and cook until soft and translucent. Add in the red pepper flakes.
4. Add the chicken stock, and uncooked beans cook until the beans are almost cooked through. (About 15 minutes)

5. Add the cleaned and cut escarole, and parmesan rind and simmer for an additional 10 minutes, or until the beans are fork tender and the escarole soft.
6. Ladle the soup into bowls top with freshly grated parmesan.

For the best flavor, brown the Italian sausage well before adding the remaining ingredients. The browned bits left in the pot add extra flavor to the broth.

Appetizer, Main Course, Side Dish

Italian

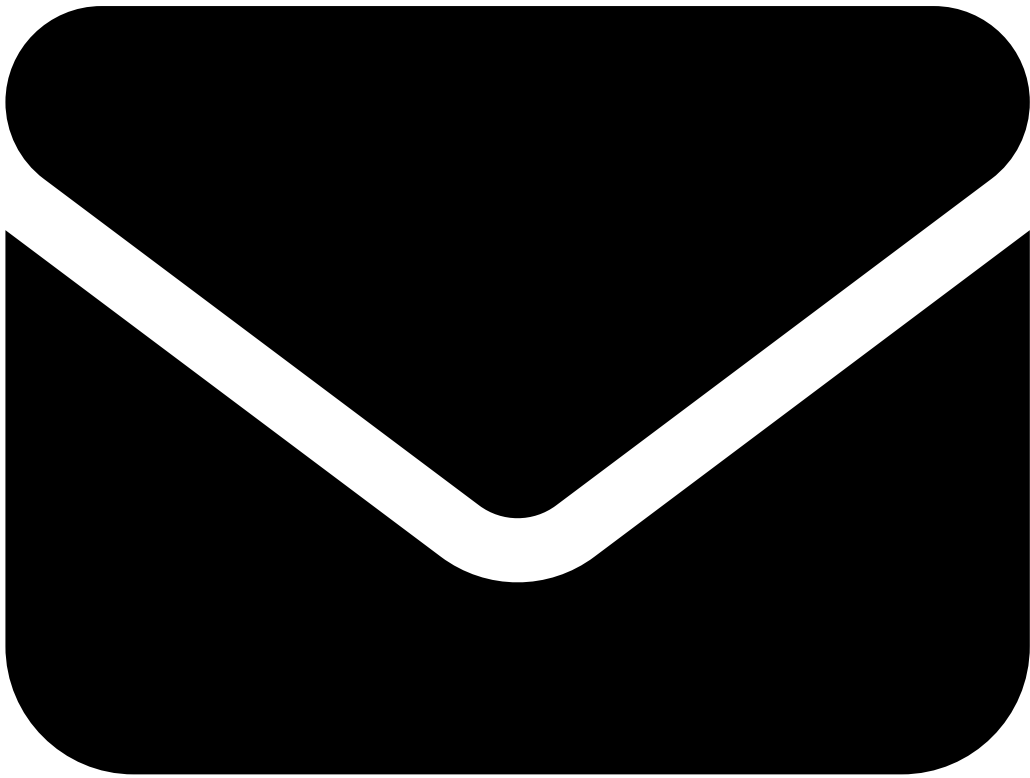
Italian sausage escarole and beans

Easy vegetarian Zuppa Toscana recipe

Easy Zuppa Toscana Recipe

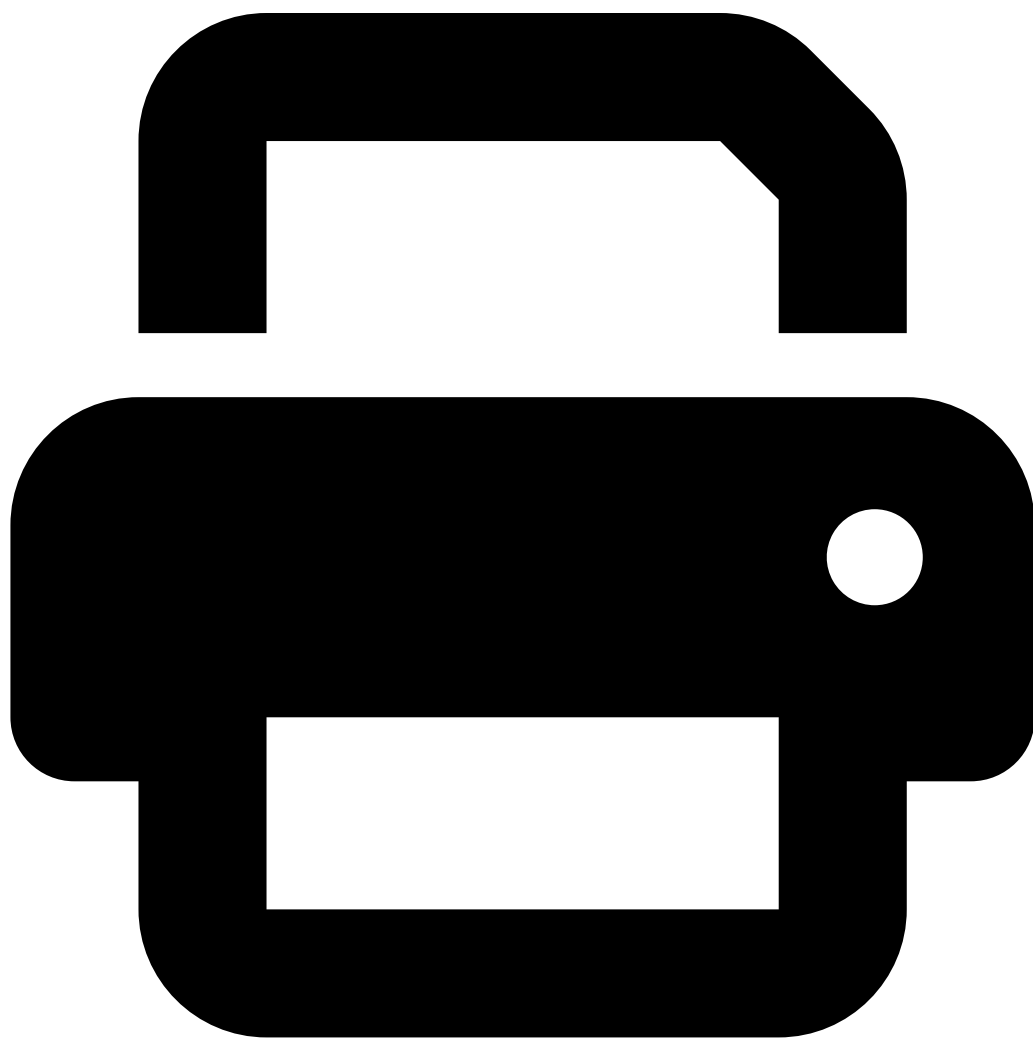
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This vegetarian twist on the classic zuppa Toscana recipe, is just as rich , creamy, and comforting as the original, without the sausage. Ready in under 30 minutes and made in one pot, it's perfect for chilly weeknight meals or anytime you crave a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



This easy vegetarian Zuppa Toscana is a cozy, creamy Italian-inspired soup made with potatoes, kale, beans, garlic, and a flavorful broth. It's hearty enough for a satisfying meal while staying simple and budget-friendly.

- 3 Tbsp. olive oil
- 1 cup each chopped onion + celery + carrots
- 1 Tbsp. 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

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.

For a naturally creamy broth, mash a few of the cooked potatoes and beans directly into the soup before adding the kale. It thickens the soup without needing a heavy cream base.

Salad

Italian

Easy Vegetarian Zuppa Toscana