

Italian Spezzatino beef stew

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Italian spezzatino beef stew is a delicious beef stew full of fork tender beef in a red wine tomato sauce. Yes, spezzatino is the Italian word for beef stew. It's a hearty, comforting dish made with chunks of meat simmered in a flavorful broth, often with tomatoes, onions and carrots. And sometimes peas and potatoes.

The stew is cooked slow allowing the meat to become melt -in - your-tender and the sauce a rich deep flavor.

Italian spezzatino beef stew has a more Italian wine-infused, and lighter flavor, while beef stew is thicker and heartier taste. Hearty, filling and comforting it is usually prepared for Italian family meals.

What I used to make this Italian spezzatino beef stew

Beef: I use a good quality beef chuck roast , but stewing beef works perfectly.

Mushrooms: I like to use brown mushrooms such as cremini or baby portabellas, but any mushroom works fine

Tomatoes : I used fresh tomatoes you can use a good quality canned tomato.

Stock: I use beef stock , but vegetable or chicken stocks are great alternatives.

Italian spezzatino beef stew gets even better the next day, so make a large pot. It's also freezer friendly.

As always if you make this recipe please leave a comment, with your experience. I love hearing from you it's my favorite part and it helps others. THANKS!!!

Ingredients

- 2 Lbs. beef chuck cut into large dice
- 1 cup diced pancetta
- 1/2 cup flour
- 1/3 cup olive oil
- 2 cups chopped tomatoes
- 2 cups sliced mushrooms
- 1 cup red wine
- 3 cups beef stock
- 1/2 cup Italian parsley
- 1 Tbsp. each thyme + oregano + rosemary

Instructions

1. Start by salt and peppering the meat then coat with flour. In a dutch oven in olive oil over medium high saute the meat with the pancetta until browned.
 2. Then add the onion, celery, carrots, and simmer until soft. Add the mushrooms and tomatoes and cook for a few minutes to combine the flavors and ingredients. Then deglaze the pan with the red wine waiting until it evaporates before adding the beef stock and herbs.
 3. Simmer covered for 2 to 2 1/2 hours or until the meat is fork tender. ENJOY!!!!
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Classic Italian wedding soup

Classic Italian wedding soup

Classic Italian wedding soup is a comforting and flavorful dish that brings together tender little meatballs, fresh vegetables and pasta in a light, savory broth.

Despite its name, this classic soup isn't served at Italian weddings, but rather gets its name from the "marriage" of flavors from the ingredients. It's the perfect balance of flavors wholesome and satisfying, making it a family favorite for any occasion.

Prep ahead for classic Italian wedding soup recipe

Make the meatball mixture a day before. Or form the meatballs and place them on a baking sheet and bake. You can either refrigerate the meatballs if using soon, or freeze them up to three months, in a single layer and then transfer to a freezer friendly bag or container once solid.

If you want to use home made chicken stock prepare the stock in advance and refrigerate for up to three days or freeze for up to three months. You can also skim off any fat once it's chilled.

Wash, chop and store the celery, onions and carrots and spinach in airtight containers in the fridge. These can be prepped 1-2 days before.

On the day you're serving simply cook the prepped onions, carrots and celery in the olive oil, add the prepared stock, pasta baked meatballs, and spinach.

These prep steps will allow you to quickly put together the soup with minimal effort when your ready to serve.

If you make this Italian soup recipe please leave me a comment on your experience with this classic wedding soup recipe. I love hearing from you it's my favorite part. THANKS!!

Ingredients

- FOR THE MEATBALLS
- 1/2 lb. lean ground beef
- 1/2 lb. ground pork
- 1 cup breadcrumbs
- 1/2 cup grated parmesan
- 1/3 cup chopped Italian parsley
- 2 eggs slightly beaten
- salt and pepper to taste
- FOR THE SOUP
- 3 Tbsp. olive oil
- 1 cup each chopped onion+ celery + carrots
- 8 cups chicken stock
- 1 cup acini de pepe or orzo pasta
- 4 cups chopped spinach
- salt and pepper to taste
- grated parmesan cheese for serving

Instructions

1. Start by making the meatballs in a bowl combine all the ingredients for the meatballs except for the meat mix until well combined. Then add in the meat and mix just until well blended. Shape into small 1/2 inch meatballs. bake in a preheated 375- degree oven for 10 minutes.
2. Meanwhile make the soup . start in a stock pot or dutch oven by sautéing the onion, celery and carrots in the three Tbsp. of olive oil until soft and translucent. Then add in the chicken stock, pasta, the prebaked

meatballs and simmer for 10 minutes. Add in the chopped spinach and simmer 5 minutes longer.

3. Ladle into soup bowls top with grated parmesan.
ENJOY!!!!

4. And so on

Tuscan ribollita bean and bread soup

Tuscan Ribollita bean and bread soup

Tuscan Ribollita soup which literally means reboiled in Italian is a hearty and comforting kale and bean Italian soup made with stale bread. The bread thickens the soup into a delicious stew like consistency. It's easy to make and can be changed up with many ingredients to fit your lifestyle and taste. Maybe you like more beans or less kale it's all good in this recipe. The texture of ribollita will vary based on whether you have it the next day "reboiled" as the name implies. When it's reboiled and cooked with a lot of bread the consistency will be dense almost like a stew.

Variations and tips for Tuscan ribollita bean and bread soup

The vegetables: kale is the base you can increase the amount in your soup. Spinach or swiss chard can be used in place of kale or add them all. If you want to add more vegetables you

can also add in a diced zucchini.

The Beans: One of my favorite addition to this ribollita soup is cannellini beans. If you want to try different beans butter beans works in this recipe. They are basically a bigger cannellini bean and look so nice in the soup. Chickpeas are also very good in this soup.

The ribollita soup keeps well in the fridge for a few days and is great to freeze for a ready made meal. It tastes even better reheated and will have a more robust flavor and a thicker consistency. If too thick thin the soup out with some water or stock. If you want a more stew like consistency Ribollita soup can be day-old bread or any bread for that matter, but breadcrumbs are a great way too. Lightly toasting a cup or two of breadcrumbs and serving them on the table like grated cheese is a nice addition.

If you have enjoyed this ribollita bread and bean soup, or any recipes on this site, please let me know in the comments. I would love to hear how you did and it's good to show others. THANKS!!!!

Ingredients

- 4Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 Tbsp. red pepper flakes
- 1 cup each chopped onion + celery+ carrots
- 1 cup white wine
- 28 ounce can crushed tomatoes
- 8 cups vegetable or chicken stock
- 2 tsp. each dried thyme and oregano
- a few bay leaves
- parmesan rind
- 2 cups diced potatoes
- 2 15-ounce drained and rinsed cannellini beans
- 1 bunch of kale de-ribbed and roughly chopped

- 4 cups stale Italian bread
- Parmesan cheese for serving

Instructions

1. Start by sautéing the onion, garlic and red pepper flakes until soft and just beginning to brown. Then add the celery and carrots saute until soft.
2. Add the wine cook until absorbed
3. Add the crushed tomatoes, broth, thyme, oregano, bay leaves and parmesan rind. Bring the soup to a simmer add the potatoes, cover and cook until the potatoes are fork tender. Then remove the parmesan rind and bay leaves. Transfer 2 cups of the soup along with one cup of the beans to a blender. Blend until smooth. Then add the puree back to the soup along with the remaining cannellini beans and kale. cook until the kale is wilted and the beans are tender about 10 -15 minutes, taste the soup and adjust your salt and pepper seasonings.
4. To serve cut or tear the bread into bite size pieces add a handful of the bread to the bottoms of each bowl. Ladle the soup over the bread top with a drizzle of extra virgin olive oil and freshly grated parmesan cheese. ENJOY!!!

Italian Potatoes, tomatoes and green beans

Italian Potatoes, tomatoes and green beans

Fresh green beans and potatoes simmered together in a light tomato sauce until deliciously tender. This recipe brings me back to my childhood. My mother would prepare this for dinner when the tomatoes and green beans were in season. She would instill my sisters and I in picking and trimming the green beans, and we would sit under the olive trees in the hills of Tuscany trimming green beans, telling stories and making priceless memories.

Fresh, vibrant and full of delicious flavor this Italian potatoes, tomatoes and green beans is full of good for you ingredients.

Made with a savory combination of onions, garlic, potatoes and green beans all simmered in a delicious Italian flavored tomato sauce makes for a delicious vegetarian dish that's easy to make.

Things to know about this Italian potatoes, tomatoes and green bean recipe

Freshly picked green beans have such a distinct texture and flavor over any frozen or canned product. If you don't have excess to fresh green beans the best alternative would be to use frozen green beans.

When Summer rolls around though, beans are one garden staple I almost always plant. If you don't have a green thumb the use fresh store-bought.

I use cherry tomatoes in this recipe but any tomato works. If you are going to use large tomatoes cut them into dice.

One more thing always use Italian parsley when you make this Italian potato tomato and green bean recipe. The curly parsley is flavorless and should not be used in Italian cooking. I hope you make this. I think you will love it!!!!

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Ingredients

- 1 lb. trimmed green beans
- 3 russet potatoes
- 4 cups cherry tomatoes
- 4 Tbsp. olive oil

- 2 Tbsp. minced garlic
- 1 medium chopped onion
- 2 cup marinara sauce
- 1 cup potato water
- 1/2 cup chopped Italian parsley

Instructions

1. Start by peeling the potatoes and cutting into large dice. Clean and trim the green beans
2. In salted boiling water cook the the potatoes until almost cooked about 10 minutes. Add the green beans and cook 10 minutes longer or until the potatoes are fort tender and the green beans cooked but still crisp.
3. meanwhile in a saute pan over medium high heat in the olive oil sate the garlic and onion until soft and just beginning to brown.
4. Then add in the tomatoes, marinara and the cooking water from the potatoes. Simmer until sauce thickens. About 10 minutes. Add the drained cooked potatoes and green beans to the tomato sauce. Add in the Italian parsley.
ENJOY!!!

**Italian green beans and
Tomatoes**

Italian green beans and

tomatoes

I grew up eating this classic Italian green bean and tomato side dish. Its a simple Italian dish that is bursting with summer flavors. Garlic, onions, cherry tomatoes and green beans are gently stewed together in this delicious Italian side dish that is perfect to serve with almost any summer meal.

This classic Italian green beans and tomato recipe has withstood the test of time, since now I make it for my family.

Fresh, frozen or canned green beans?

Honestly I always choose fresh over anything. And growing up in Italy the tomatoes and green beans came from the garden.

But if you have to choose between frozen or canned use frozen green beans. The canned ones don't work in this recipe, they are mushy and tasteless.

As far as the marinara sauce I always have my easy marinara sauce on hand. You can use your favorite store-bought marinara in this recipe.

About the tomatoes, I use cherry tomatoes. Any fresh tomato works in this Classic Italian green bean and tomato recipe. If you use large tomatoes cut them into dice before adding them to the onion and garlic.

Now about the parsley I only use Italian parsley. The curly parsley is flavorless. There is a noticeable difference in taste.

I hope you make this easy and delicious Italian classic, when you do please leave me a comment. I love hearing from you.

It's my favorite part!!!

Ingredients

- 2 lbs. green beans
- 4 cups cherry tomatoes
- 2 cups marinara sauce
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 2 Tbsp. chopped Italian parsley

Instructions

1. Start by trimming and washing the string beans. Then par boil until fork tender.
 2. In a saute pan over medium high heat in the olive oil saute the garlic and onion until soft and just beginning to brown.
 3. Add the cherry tomatoes, marinara sauce and the water. Simmer until the tomatoes burst and the sauce thickens, about fifteen minutes.
 4. Drain the string beans add to the tomato sauce. Adjust your seasonings.
 5. Add in the parsley . ENJOY!!!
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Vegetarian escarole and beans

Vegetarian escarole and beans

Classic Italian Escarole and Beans (Vegetarian Recipe)

This classic vegetarian **Italian escarole and beans** recipe is a hearty, comforting dish made with simple, wholesome ingredients. Tender **cannellini beans** are simmered with sautéed **garlic** and flavorful **escarole** for a rustic vegetarian meal that's full of flavor.

Naturally **meatless**, this traditional Italian recipe is perfect with a side of **crusty Italian bread** for soaking up every bite. While some versions include meat like sausage or pancetta, this one stays true to its **humble vegetarian roots**—easy, satisfying, and budget-friendly.

Things to know about this vegetarian escarole and beans recipe

This vegetarian escarole and bean recipe results in a stew like consistency. If you prefer a more soupy consistency, simply add more vegetable stock.

I used canned cannellini beans. You can use dry beans. If you do use dry beans soak them for a few hours. Then cook them in the stock until soft before adding in the escarole.

This recipe is the vegetarian version of escarole and beans. If you want to add meat, add Italian sausage to the escarole pan sautéing the sausage until brown before adding in the escarole. I use my white Dutch oven when I make this

recipe. Its so pretty I serve from it right at the table.

Lasty if you make this vegetarian escarole and beans please leave me a comment. And don't forget to tag me on Instagram. I love hearing from you. It's my favored part!!!

Ingredients

- 1 large head escarole
- 4 cups cannellini beans
- 4 Tablespoons olive oil divided
- 4 Tablespoons minced garlic divided
- 1 tablespoon hot pepper flakes
- 1 cup white wine
- 1 cup vegetable stock
- salt and pepper to taste

Instructions

1. Start by rising the beans
 2. Cut the escarole into bite size pieces
 3. in two tablespoons of olive oil saute the garlic and the hot pepper flakes until soft and fragrant
 4. Add the escarole saute until limp about 10 minutes. salt and pepper now. Set aside.
 5. In a separate pot add the remaining olive oil and garlic saute until soft.
 6. Add the beans and the vegetable stock and simmer for 10 minutes
 7. Add the escarole mixture to the beans and simmer 10 minutes longer to combine flavors.
 8. Serve with crusty Italian bread. ENJOY!!!
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A hearty pasta fagioli recipe

A hearty pasta fagioli recipe

A Hearty pasta fagioli recipe is Italian peasant comfort food.

Indulge in the warmth and richness of a classic Italian pasta dish with my pasta e fagioli recipe with pancetta. This heartwarming soup combines the flavors of pancetta, pasta and beans in a savory tomato broth. I grew up eating this pasta and fagioli. It's a classic delicious Italian recipe that uses few ingredients and comes together quickly , less than 30 minutes!!!

A few Alternatives for this Hearty pasta and fagioli recipe

First in this hearty pasta and fagioli recipe, I added pancetta, I love the add flavors. If you want to keep this soup /pasta dish vegetarian omit the pancetta. but if you want to keep the smokey flavor of pancetta and having a difficult time finding pancetta you can use bacon.

Second am using one of me favorite pasta shapes in this recipe ditalini, a small Italian tubular shaped pasta. In this recipe you can use any small shaped pasta that you like.

Third I used canned cannellini beans you can use dry beans. if you use dry soak them in water for a few hours or overnight. Drain the beans and add them to the past fagioli at the same time as when you add the marinara and chicken stock.

This hearty pasta fagioli recipe is delicious, uses a few ingredients and is make in one pan. I used my white Dutch oven

to make this all in one pot.

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped pancetta
- 2 tablespoons minced garlic
- 1/2 cup chopped yellow onions
- 1 cup each chopped celery and carrots
- 2 cups marinara sauce
- 2 cups chicken stock
- 2 cups water
- 2 cups tubular pasta
- 3 cups cannellini beans
- 2 cups chopped spinach
- salt and pepper to taste
- grated parmesan

Instructions

1. Saute the pancetta in the one tablespoon of olive oil over medium high heat until crispy
 2. Add the onion and garlic saute until soft and translucent
 3. Add the celery and carrots saute until soft about ten minutes.
 4. Add the marinara sauce , the chicken stock and the water. cover and simmer for ten minutes. add the beans, spinach and the pasta and simmer five minutes longer
 5. ladle into soup bowls grate parmesan cheese over the top. ENJOY!!!
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Chicken Meatball Soup Recipe

Chicken Meatball Soup recipe

This Chicken Meatball Soup recipe is a hearty soup filled with nutritious and delicious ingredients. Each slurp is filled with bold Italian flavors, everyone likes.

Tasty and healthy ground chicken meatballs, good for you vegetables, and pasta in a light tomato broth makes this soup is a family favorite. Sometimes it's hard to find a meal everyone likes, this is one of those soup recipes that everyone likes. And you will feel good about serving your family a good for you meal.

Here's 3 Prep Plan Tips When Making This Chicken Meatball Soup Recipe

Don't let the looks of this Chicken Meatball Soup recipe intimidate you. If you have a prep plan this soup recipe can be on your table in 30 minutes.

Start by making the meatballs, you can make them one day ahead of time, or weeks ahead of time and keep them frozen after baking, in freezer friendly containers.

Second I bake the meatballs in my Toaster oven/air fryer for a quicker and more affordable bake, than turning on my large wall ovens.

And third you can make the whole recipe ahead of time and freeze it for ready made meals. In fact purposely double the recipe for during the week lunch reheats.

Just one more thing, please leave me a comment if you make

this recipe and please don't forget to tag me on Instagram. I love hearing from you!!!!

Ingredients For The Meatballs

- 1 lbs. ground chicken breast
- 1 cup Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 Tablespoons each chopped garlic and Italian parsley
- 1 egg
- 2 tablespoons milk
- salt and pepper to taste
- **For the Soup**
- 1 chopped yellow onion
- 2 Tbs. chopped garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 2 cups chopped spinach
- 1 14.5 can crushed tomatoes
- 2 cups chicken broth
- 2 cups water
- 2 cups dry small tube pasta
- Salt and pepper to taste
- 1 cup grated parmesan cheese

Instructions

1. Turn oven to 375 degrees
2. Mix all ingredients except the ground chicken well
3. Add the ground chicken mixing until well blended don't over mix
4. With damp hands roll into small size balls
5. Bake in a preheated oven 10 minutes set aside
6. Meanwhile in a medium stock pot saute the onion and garlic until tender and just beginning to brown

7. Add the carrots and celery saute until tender
 8. Add the tomatoes, chicken broth and water
 9. Simmer covered 30 minutes
 10. Return the meatballs to the soup add the pasta and spinach simmer 5 minutes longer
 11. Adjust seasonings sprinkle with parmesan
 12. ENJOY!!!!
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Tuscan Tomato Bread Soup (Pappa al Pomodoro)

Tuscan Tomato Bread Soup (Pappa al Pomodoro)

Tuscan Tomato Bread Soup (Pappa al Pomodoro) is a traditional Italian dish that consists mainly of stale bread and tomatoes. The recipe originated in the Tuscan region of Italy, where I was born.

It is a simple and delicious recipe that showcases the bold flavors of the region and is often made with fresh off the vine tomatoes.

Once thought of as peasant food this Tuscan Pappa al Pomodoro can now be found in many Italian restaurant menus.

Variations for this Tuscan Pappa al

pomodoro

I wanted to keep this Tuscan pappa al pomodoro vegetarian so I used vegetable stock. You can substitute the vegetable stock for chicken stock if that fits your taste.

Another variation has to do with the bread sliced or cubed doesn't matter it's a personal preference. Traditionally the bread wasn't fried. I find that this extra step of frying and seasoning the bread adds so much flavor, it's well worth it.

I make this Tuscan Pappa al Pomodoro in the summer with just picked garden tomatoes. But if it's not tomato season be sure to use good quality canned tomato product.

Tuscan Tomato Bread Soup (Pappa al Pomodoro) uses just a few ingredients, so it's important to use the quality for the best price. From the tomatoes to the bread and just as important for all around good Italian kitchen cooking is a good quality extra virgin olive oil that is affordable.

Ingredients

- 1/2 stale loaf Italian baguette
- 2 Tablespoons extra virgin olive oil
- 1/2 cup chopped yellow onion
- 1 Tablespoon minced garlic
- 1 cup vegetable stock
- 1 28 oz. can crushed tomatoes or 1 Lb. chopped roma tomatoes seeds removed.
- 1 cup marinara sauce
- 1 cup white wine or vegetable stock
- Salt and pepper to taste
- fresh chopped basil and Italian parsley
- 1/2 cup grated parmesan

Instructions

1. Cut the bread into thin slices
 2. Fry in the 2 Tablespoons of olive oil until browned on both sides
 3. Add the onion and garlic saute until fragrant and just beginning to brown
 4. Deglaze the pan with the white wine or vegetable stock simmering until absorbed
 5. Then add the tomatoes and the remaining cup of vegetable stock
 6. Salt and pepper to taste
 7. Simmer on low for 30 minutes
 8. Sprinkle with the grated parmesan and chopped Italian parsley. ENJOY!!!
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Asparagus Rice Soup with Parmesan

Asparagus Rice Soup with Parmesan

It's asparagus season and I can't get enough of it.



Asparagus showing up in grocery stores is one of the first signs that spring is on its way—even if the weather says otherwise. This Asparagus Rice with Parmesan soup is inspired by my love for asparagus risotto. It features some of the same comforting ingredients: arborio rice, Parmesan cheese, garlic, and of course, fresh asparagus.

Things to know about this This Asparagus Rice soup with Parmesan

If you don't have arborio rice (a short-grain rice known for its creamy texture), you can easily substitute it with regular white or brown rice. Just make sure to trim the asparagus and remove the tough lower stems. Reserve a few of the tips for garnish—blanch them in the microwave for about a minute for a bright, fresh finish.



I use an immersion blender to puree the soup still leaving it chunky, if you want a smoother, creamer, consistency blend the soup longer.



It's one of those soups you make a big pot of, to reheat or freeze for a quick lunch or it's hearty enough for a light dinner.

It's a kind of a feel good soup, to welcome warming temperatures, and what better way to start looking forward to Spring than a satisfying bowl of goodness, add a simple salad, some crusty bread and you have a simple, quick family meal, serve it in a soup tureen with pretty white soup bowls and now a simple soup is fancy enough for company. If you make this easy, delicious recipe be sure to leave me a comment, and please don't forget to tag me on Instagram that's my favorite part!!!!

Ingredients serves four

Ingredients

- 1 lb. fresh asparagus cleaned and trimmed
- 1 cup Arborio rice
- 1 medium russet potato, peeled and cubed
- 2 Tbsp. olive oil
- 2 tablespoons butter
- 1 onion, chopped
- 1 tablespoons minced garlic
- 2 to 3 bay leaves
- 2 tablespoons chopped Italian parsley
- 4 cups vegetable stock or a mix of water and stock
- Salt and pepper, to taste
- 1 cup grated Parmesan cheese, plus more for garnish

Instructions

1. Wash the asparagus and trim off the tough bottom ends. Cut the remaining stalks into 2-inch pieces. Reserve a few tips for garnish.
2. In a large soup pot, heat the olive oil and butter over medium heat.
3. Add the chopped onion and garlic. Sauté until soft and fragrant, about 5 minutes.
4. Stir in the cubed potatoes and cook until lightly golden.
5. Pour in the vegetable stock (or water) and add the bay leaves.
6. Add the asparagus pieces (except reserved tips), cover, and simmer for 10 minutes.
7. Remove from heat. Use an immersion blender to puree the soup until smooth.
8. Return the soup to the heat. Stir in the Arborio rice and simmer for 12- 15 minutes, or until the rice is al dente.
9. Stir in the Parmesan cheese and season with salt and pepper to taste.
10. Serve hot, garnished with the reserved asparagus tips, a sprinkle of Parmesan, and a touch of chopped parsley.

Enjoy!

