Italian Vegetarian stuffed artichokes

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These Italian vegetarian stuffed artichokes are made with simple ingredients. This is one of those recipes that takes me back to my mamas kitchen in north Italy where I first learned this family recipe, The artichokes came from the family farm (la campana) the flavor of just picked artichokes is mouth watering!!!

A traditional Italian comfort dish stuffed artichokes are a staple in most Italian kitchens. variations can vary, With some having meat and vegetables added to the filling,

Three tips for success when making Italian vegetarian stuffed artichokes

first select fresh and tender artichokes when you make these Italian vegetarian stuffed artichokes. Choose artichokes that are firm, heavy for their size and have tightly closed leaves.

Second prepare the artichokes properly by cutting off the top quarter and removing the though outer leaves and center choke.

Cut the stems off leaving a flat bottom surface so the stuffed artichokes stand up straight in a pot. I use my white medium

size dutch oven.

Lastly if you make these delicious Italian vegetarian stuffed artichokes please let me know how they work out for you.

And please don’t forget to tag me on Instagram I love hearing from you. It’s my favorite part!!!!

Ingredients

- 4 artichokes
- 2 eggs
- 1/ 2 cup milk
- 2 cups Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 1 Tablespoon minced garlic
- 1/2 cup chopped Italian parsley
- 1 cup water
- 1 cup vegetable stock
- !/4 cup extra virgin olive oil
- 1 onion cut in quarters + 4 garlic cloves
- the juice from one lemon

Instructions

1. Start by cleaning the artichokes. remove the tough outer leaves, cut off the tips and the stem. Remove the center of the artichoke. Place the artichokes in cold water. Add the juice from one lemon. and 1 tablespoon of salt set aside, while making the filling,
2. Make the filling in a bowl add the eggs and milk whisk until well combined. Add the garlic, breadcrumbs, and Italian parsley. salt and pepper to taste. Mix until well combined.
3. Remove the artichokes from the water. discard this water. Fill the centers of the artichokes with the filling.
4. Stand the artichokes up in a stock pot add the water, vegetable stock, olive oil, onion and the garlic cloves.
5. Simmer on the stove top over medium low heat, for 30 minutes or until the artichoke leaves are tender.
6. Serve on a platter pour the pan juice over the

artichokes and enjoy!!!