Classic Italian vegetarian stuffed artichokes

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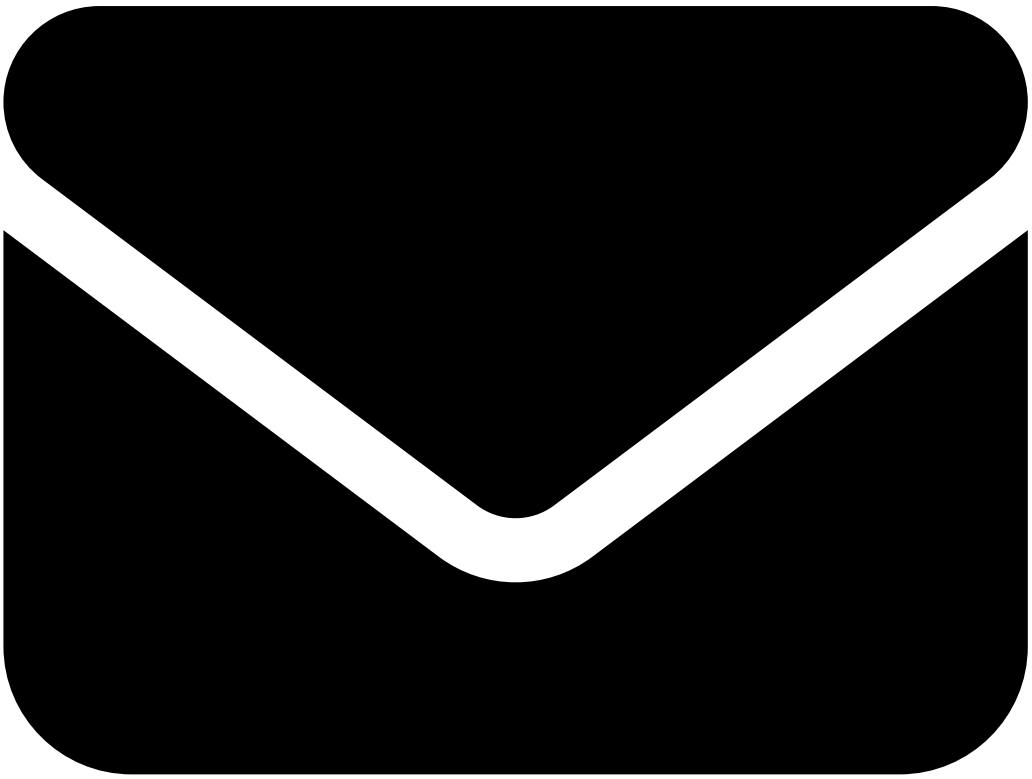




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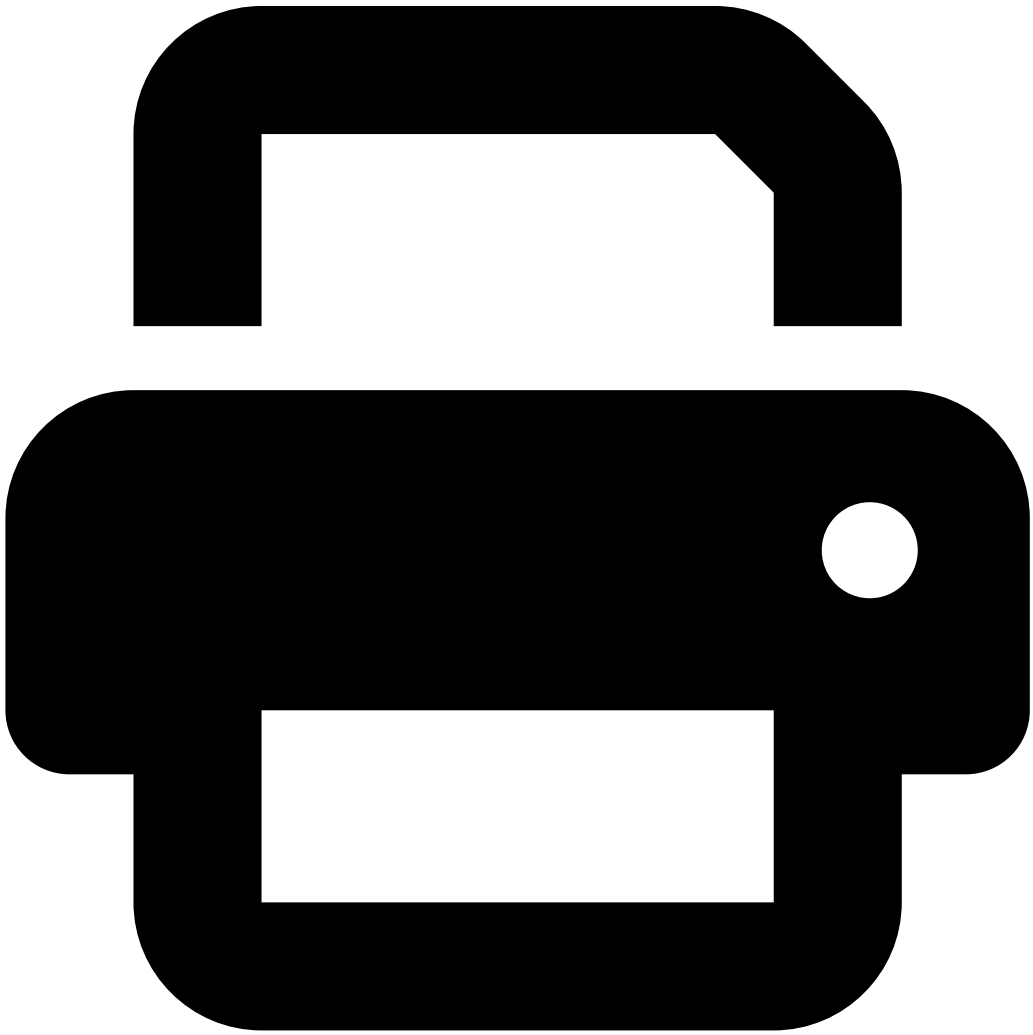

If you’re looking for a delicious and authentic Italian appetizer, these classic Italian vegetarian stuffed artichokes are a must-try! Tender, steamed artichokes are filled with a savory breadcrumb mixture packed with Parmesan cheese, garlic, and fresh herbs.

Growing up, my mom made them a little differently. Instead of stuffing between the leaves, she would only fill the center of the artichoke. It was simple yet delicious, letting the artichoke’s natural flavor shine through. This method was quicker and perfect for busy family dinners. Perfect as a holiday appetizer, a side dish for Sunday dinner, or a centerpiece for special occasions. With simple ingredients and traditional Italian flavors, these stuffed artichokes will transport you straight to an Italian kitchen.

Why you ‘ll love this classic Italian vegetarian stuffed artichoke recipe

You’re going to fall in love with these Classic Italian vegetarian stuffed artichokes for their irresistible combination of flavors and heartwarming tradition. each tender artichoke leaf is coated in a savory mixture of breadcrumbs. The drizzle of olive oil and squeeze of lemon juice bring everything together, enhancing the natural sweetness of the artichoke. It’s a rustic yet elegant dish that’s perfect for family gatherings and special occasions.

What makes this recipe truly special is its connection to Italian heritage. For many families, including mine, stuffed artichokes are a staple at celebrations, passed down through generations. The simple wholesome ingredients come together to create a dish that feels both indulgent and comforting. Plus, they’re surprisingly easy to make!!! with just a little prep , you’ll have an impressive appetizer or side dish that will have everyone reaching for more. Whether you’re introducing this dish to your table for the first time or keeping a family tradition alive, these classic Italian vegetarian stuffed artichokes are to become a favorite.

Classic Italian Vegetarian Stuffed Artichokes



Tender artichokes stuffed with a simple Italian mixture of seasoned breadcrumbs, garlic, parsley, Parmesan cheese, and olive oil, then baked until golden and tender. A classic vegetarian Italian side dish that makes the most of fresh artichokes.

- 2 large artichokes
- juice from 1 lemon + 1 for serving
- 1 1/2 cups Italian seasoned breadcrumbs
- 1/2 cup grated parmesan cheese
- 2 minced garlic cloves
- 1/4 cup fresh chopped Italian parsley
- 1 Tbsp. hot pepper flakes
- 1/2 cup olive oil
- 2 cups water
- Salt and pepper to taste

Prepare the Artichokes:

1. Fill a large bowl with water and squeeze in the lemon juice
2. Trim the artichokes by cutting off the stems and the top inch of the leaves.
3. Use kitchen shears to snip off the pointy tips of the remaining leaves.
4. Gently spread the leaves apart to make room for the stuffing.
5. Place the artichokes in the lemon water to prevent browning.

Make the Filling:

1. In a large bowl, combine the breadcrumbs, Parmesan cheese, minced garlic, parsley, salt, pepper, and red pepper flakes.
2. Drizzle in the olive oil and mix until the breadcrumbs

are evenly coated and slightly moist.

Stuff the Artichokes:

1. Drain the artichokes and pat them dry.
2. Spoon the breadcrumb mixture into the center and between the leaves. Pack the stuffing in gently, but don’t overfill.

Cook the Artichokes:

1. Place the stuffed artichokes in a large pot or Dutch oven.
2. Pour the broth into the bottom of the pot to about 1 inch deep.
3. Drizzle a little olive oil over the tops.
4. Cover and simmer on low heat for 40- 50 minutes, adding more broth if needed. The artichokes are done when the leaves pull away easily.

Serve:

1. Serve warm with extra Parmesan, lemon juice and a drizzle of olive oil.

Main Course, Side Dish
Italian
Italian stuffed artichokes, vegetarian