Tuscan Tomato Bread Soup (Pappa al Pomodoro)

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Tuscan Tomato Bread Soup (Pappa al Pomodoro) is a traditional Italian dish the consist 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 its 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 its 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!!!