

ZUPPA



## — MINISTRONE SOUP —

SUBMITTED BY LINDA\_IN TENNESSEE

*This is just the thing to serve on a cold, rainy winter night. Don't forget the Parmesan cheese and garlic toast.*

- 4 quarts unsalted beef stock or broth
  - 2 tablespoons salt
  - 1 teaspoon black pepper
  - 1 teaspoon dried oregano leaves
- 1 tablespoon chopped fresh parsley
- 3 large carrots, sliced  $\frac{1}{4}$  inch thick
- 5 stalks celery, sliced  $\frac{1}{4}$  inch thick
  - $\frac{1}{2}$  head cabbage, thinly sliced
  - 2 cups chopped onions
- 1 bunch fresh spinach, finely chopped
  - 1 14- $\frac{1}{2}$  ounce can diced tomatoes
  - 1 6 ounce can tomato paste
- 1 15- $\frac{1}{2}$  ounce can red kidney beans
- 1 15- $\frac{1}{2}$  ounce can garbanzo beans
  - 1 cup uncooked salad macaroni
  - Parmesan cheese (*for garnish*)
  - garlic toast (*for garnish*)

Bring beef stock to a rolling boil in a large stockpot. Add the salt (*if using canned broth reduce the amount of salt and add to taste*), pepper, oregano, parsley, carrots, celery, cabbage, onions and spinach. Return to a boil and simmer until the carrots are tender (about 30 minutes). Add the tomatoes and tomato paste and cook for another 10 minutes. Add the kidney beans, garbanzo beans. Turn off heat and let soup stand for 1 hour before serving. Serve with parmesan cheese and garlic toast. I like to cook the macaroni in a different pot, and add to soup bowl. This way the macaroni will not get mushy.

If you prefer, then add the macaroni and simmer soup until macaroni is tender (*about 10 minutes*).

*Makes 16 servings*



— STRACCIATELLA SOUP —

SUBMITTED BY ANN T

*Pot of homemade chicken broth*

- 2 cloves of garlic
- bunch of baby spinach
- 2 eggs beaten
- Parmesan cheese

*Optional: Add some fresh grated nutmeg and/or some fresh lemon zest*

Bring pot of broth to a boil. Add two cracked cloves of garlic and simmer for a few minutes. Add chopped spinach, simmer for another few minutes.

Beat eggs with salt and pepper and slowly add to broth stirring constantly.

Serve with fresh grated parmesan cheese.

*Optional: I beat some of the cheese into the eggs before adding to the soup.*



## — MINI MEATBALL SOUP —

SUBMITTED BY WOODIE

*Recipe courtesy Rachael Ray. I got this recipe from Rachel Ray's 30 MINUTE MEAL television show and I think its delicious. This is a hearty soup and maybe more suited to a rustic meal rather than a zuppa course, but that would depend on personal tastes (and portion size) and we certainly do like it!*

- 2 tablespoons extra-virgin olive oil, 2 turns of the pan in a slow stream
  - 2 carrots, peeled and chopped
    - 2 ribs celery, chopped
    - 1 medium onion, chopped
    - 2 bay leaves, fresh or dried
  - salt and freshly ground black pepper
- 1 pound ground beef, pork and veal combined
  - 1 egg, beaten
  - 2 cloves garlic, minced
- ½ cup grated Parmigiano-Reggiano or Romano, a couple of handfuls
  - ½ cup plain bread crumbs, a couple of handfuls
  - ½ teaspoon freshly grated or ground nutmeg
  - 6 cups chicken stock or broth
    - 2 cups water
- 1-½ cups dried pasta, rings, broken fettuccini or ditalini
- 1 pound triple washed fresh spinach, coarsely chopped

In a deep pot over medium heat add oil, chopped carrots, celery and onions and bay leaves. Season with salt and pepper. Cover pot and cook veggies 5 or 6 minutes, stirring occasionally.

While the veggies cook, combine meat, egg, garlic, grated cheese, bread crumbs, salt, pepper, nutmeg. Uncover your soup pot and add broth and water to the pot. Increase heat to high and bring soup to a boil. When soup boils, reduce heat a bit and start to roll meat mixture into small balls, dropping them straight into the pot. You are making meat dumplings that will cook in the broth. When you are done rolling the meat, add pasta to the soup and stir. Cover and simmer soup 10 minutes. When pasta is tender, stir in chopped spinach in batches. When spinach has wilted into the soup, the soup is done and ready to serve. Adjust your seasonings. Serve soup with crusty bread



— MUSHROOM SOUP WITH PARMESAN CHEESE —

SUBMITTED BY LINDA IN TENNESSEE

*Hearty and delicious!*

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 medium onion, grated
  - 1 clove garlic, split
- 1 pound mushroom caps, sliced thin
  - 3 tablespoons tomato paste
  - 3 cups chicken stock
- 2 tablespoons Italian vermouth (*the sweet kind*)
  - ½ teaspoon salt
  - dash pepper

GARNITURE:

- 4 egg yolks
- 2 tablespoons finely chopped parsley
- 2-½ tablespoons Parmesan cheese

In heavy pan melt butter and olive oil. Sauté onion, and garlic. Let brown gently and discard garlic stir in mushrooms and sauté for 5 minutes. Add tomato paste, mix well then add chicken stock. Stir in the vermouth. Add ½ teaspoon salt and pepper to taste. Let simmer 10 minutes.

Beat together the yolks, parsley and 2-½ tablespoons Parmesan cheese. Cut about 1-inch thick slices of Italian bread. Butter and grill under broiler on one side only. Place one slice of the bread in each soup bowl.

Beat egg mixture into boiling soup and serve at once poured over the bread slices.



— ZUPPA TOSCANA —  
SUBMITTED BY SUSIE Q (SUSIE)

- 1 pounds soaked white beans, soaked overnight
  - 3 to 4 quarts chicken stock
    - 1 small chopped onion
      - 4 diced carrots
      - 4 ribs celery diced
      - 1 cup chopped tomato
      - 2 cloves of garlic crushed
    - fresh sage leaves, about 8, sliced thin.
  - the rind from a hunk of Locatelli cheese
    - salt and pepper
- extra-virgin olive oil and croutons for garnish

Combine all ingredients in a large Dutch oven and simmer for about 2 hours or until the beans are cooked and the broth is creamy.

Additional broth may be used if you like a looser broth.

Once cooked, gently mash some of the beans with a potato masher.

Serve in large bowls with a drizzle of extra-virgin olive oil and a toasted crouton. Maybe a little Locatelli grated on top.



— PASTA E FAGIOLI —

SUBMITTED BY LORIJEAN44 (LORI)

*I make a white version of Pasta e Fagioli. I've tinkered with a combination of recipes to come up with this one.*

- ½ large onion, peeled and chopped
- 1 clove garlic, peeled and minced
- ¼ pound pancetta or bacon, chopped
  - 1 tablespoon olive oil
  - 1 tablespoon unsalted butter
  - 1 bay leaf
- 2 pounds cooked cannellini beans (*cooking water reserved*),  
or equal amount of canned beans, undrained
- ¾ pound dried pasta (*broken fettuccini, broken linguine, or small tubular pasta*)
  - salt and pepper to taste

Heat the oil and butter in a large pot, add the chopped ingredients and cook over medium-high heat, stirring, for 2 minutes. Add the cooked beans with the reserved cooking water (*or undrained beans, if using canned*).

When the onion is soft, add enough hot water to cover generously.

When liquid comes to a boil, add the pasta and cook until just al dente; season with salt and pepper; serve immediately. Drizzle with very good quality extra-virgin olive oil, if desired.

*NOTE: I like to serve this with croutons made from small baguettes, sliced thinly, both sides of slices brushed with melted butter mixed with thyme, then toasted in the oven or grilled on the stove in a grill pan.*



— MINISTRA DELLA TRIPPA —

SUBMITTED BY ROGER

- 2 pounds tripe, curly part (*foiolo*)
  - 2 onions, chopped
  - 3 sage leaves, crushed
  - 4 tablespoons lard
  - 2 tablespoons butter
  - 1 carrot, chopped
  - 2 celery stalks, chopped
  - 1 quart vegetable broth
    - 6 slices bread
- 3 tablespoons grated Parmigiano

Cut the tripe into a thin julienne. In a pot, sauté the onion and sage with the lard and butter. When the onions are wilted, not brown, add the tripe. Sauté for 5 minutes. Then add the chopped carrot and celery. Add the vegetable broth and cook for 3 to 4 hours or until the tripe is cooked. Place a slice of bread into a rimmed soup plate and pour over the soup. Serve grated Parmigiano on the side and offer freshly ground pepper.



— SAUSAGE TORTELLINI SOUP —

SUBMITTED BY WOODIE

- 1 pound sweet Italian sausage meat, crumbled
  - 1 cup chopped onion
  - 3 cloves garlic, minced
  - 5 cups beef broth
    - ½ cup water
    - ½ cup red wine
- 1 can diced tomatoes with their juice
  - 1 cup sliced carrots
- ¼ cup chopped fresh basil leaves
  - 1 teaspoon dried oregano
  - 1 (8 ounce) can tomato sauce
- 2 cups zucchini, sliced or diced
  - 8 ounces tortellini pasta

Brown sausage in 5 quart soup pot. Remove sausage and drain, reserving 1 tablespoon of the drippings. Sauté onions and garlic in drippings. Stir in beef broth, water, wine, tomatoes, basil, oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat, simmer uncovered for 40 minutes.

Stir in zucchini and carrots. Simmer covered for 10 minutes.

Add tortellini and simmer for 10 minutes. Sprinkle with Parmesan cheese on top of each serving.



— PANCOTTO —

SUBMITTED BY CHASE (SHARON)

*A Biba Caggiano recipe which she describes as a thick traditional soup from Parma.  
I have never made this but my sister served it to us this winter and it was very warming.*

- 10 cups beef broth
- 8 slices stale Italian bread
- salt and pepper to taste
- 3 tablespoon butter
- 2 tablespoon olive oil
- 2 fresh sage leaves
- ½ fresh grated Parmesan
- additional Parmesan for serving

Place 8 cups of the broth in a sauce pan with the bread. Bring to a boil, reduce heat and cook uncovered for 30 minutes. If it starts to look too thick add more broth. Season with salt and pepper. Add sage, butter and oil. Cook for 5 minutes and then add ½ cup cheese. Serve with more cheese grated on top.

*NOTE: Onions sautéed in butter can be added.*



— MINISTRA TOSCANA DELL INDIVIA E DEL FAGIOLO —  
(TUSCAN BEAN AND ESCAROLE SOUP)

SUBMITTED BY BUBBESKITCHEN (RENÉE)

*This is a hearty zuppa and a real family favorite.*

*Yield: 3 quarts*

*Active time from start to finish: 3 hours*

*Passive time: varies by method of soaking beans*

- 1 pound dried white navy beans, picked over, rinsed and soaked (*see below*)
- 1 large leek, or medium-large onion, halve lengthwise, rinse, dry, and chop or dice small
  - 1 small stalk celery diced
  - 1 medium carrot diced
- 2 tablespoons butter or neutral olive oil
- 1 head escarole, sliced into 1 inch thick slices, rinsed and drained
- 6 ounces Pancetta diced or 1 smoked chicken breast or ½ pounds. or so smoked pork butt
  - 7 to 8 cups rich chicken (*or poultry*) stock or canned chicken broth
  - 1 bay leaf
- ½ teaspoon freshly ground black pepper
  - ¼ teaspoon dried oregano
  - 2 cloves garlic, peeled
  - kosher of sea salt to taste

SOAKING METHODS:

1. Soak beans in 8 cups of cold water for 6 hours keep cold, drain.
2. Drain, rinse and put in a large kettle along with 8 cups hot water. Bring to boil and cook for 2 minutes, remove from heat, cover and let stand for one hour.

If using pancetta, cook until fat is rendered then add vegetables or sauté leek or onion, celery, carrot, and garlic in butter or oil, salting slightly. Add bay leaf, marjoram, black pepper and cook about 5 minutes. Add beans and stock, stir, bring to boil, and simmer for 2 hours or so. Stir in the escarole.

Meanwhile, if not using pancetta, slice and dice chicken breast into ½-inch cubes. Alternately, slice port butt and precook in microwave for recommended time. Dice into cubes. Return to simmer and cook until beans are tender but not falling apart.

This soup will keep 3 days in refrigerator. For longer storage, chill then freeze.



— BAKED ITALIAN CHOWDER —

SUBMITTED BY MOMMATHYME (JOHANNA)

*My husband wanted me to share this one. It is one of his very favorites.*

*It is again, NOT for dieters. Very rich and very good.*

- ½ pound zucchini, sliced
- 2 onions, sliced
- 1 15-½ ounce can garbanzo beans
- 1 one pound can of tomatoes, chopped
  - ¼ cup butter
  - 1-½ cup dry white wine
  - 2 teaspoon garlic, minced
    - 1 teaspoon basil leaves
      - 1 bay leaf
  - salt and pepper to taste
  - 1 cup whipping cream
- 1 cup jack cheese, or semi-soft mild Italian cheese of choice, grated
- 1 cup Romano cheese, grated

In a medium bowl, combine the jack cheese, (*or your choice of Italian cheese*), and the Romano cheese, toss to combine the two as well as possible, set aside. Combine zucchini, onions, beans, tomatoes, and their liquid, butter, wine, garlic, basil, and bay leaf in a 3 quart oven-proof tureen, baking crock, or Dutch oven. Cover and bake at 375° for an hour. Stirring once or twice through the baking time, check for liquid, add stock or water if needed, and season with salt and pepper at this point. Then, before returning to the oven, stir in the cheeses and the cream.

Return to the oven and bake for another 10 minutes, uncovered.

Serve with a ladle directly from the tureen into heavy bowls. Excellent served with toasted sticks of Italian bread to dip. (*I cut up my bread into lengths and put them on a cookie sheet and bake them for about 2 hours at 275°*).



— PASTA FAGLIOLI —  
SUBMITTED BY COOKINGRV (SUE)

*Simple and delicious.*

- ½ pounds ditalini pasta (small tubes) or small shells
  - 4 tablespoons olive oil
  - 4 cloves garlic, finely chopped
- 1 large can Hunts tomato sauce (or 2 small cans)
  - 1 large can red kidney beans
  - 1 tablespoon dried oregano
  - salt and pepper

Boil pasta until al dente—drain and set aside.

Heat medium saucepan; add olive oil. Add garlic to the pan and slowly cook until deep golden brown (*you want to slightly burn it, but no quickly, very slooooooowly*). Carefully add tomato sauce and stir. Fill small tomato sauce can (*or ½ large can*) with water. Stir. Add can of kidney beans, including liquid from can. Stir. Cook 5 minutes over medium heat, or until heated through. Add oregano, and salt and pepper. Serve by dishing out pasta then covering with bean mixture. Serve grated Italian cheese on side (*Pecorino Romano or Parmesan Reggiano*)

*NOTES: To store for future meal, store cooked pasta separate from bean mixture to keep pasta from absorbing liquids from bean mixture.*



## — ROASTED TOMATO SOUP —

SUBMITTED BY ANN T  
FROM GOURMET MAGAZINE

### FOR THE TOMATO SOUP:

- 3 pounds plum tomatoes, quartered lengthwise
  - 3 unpeeled large garlic cloves
  - 3 tablespoons finely chopped shallot
  - ½ teaspoon dried oregano, crumbled
  - 1 tablespoon unsalted butter
- 1-½ cups low-salt chicken broth plus additional to thin the soup
  - ¼ cup heavy cream
  - fresh lemon juice to taste

### FOR THE SERRANO CREAM:

- 3 fresh serrano chilies or jalapeños, seeded and chopped fine (*wear rubber gloves*)
  - 1 large garlic clove, minced and mashed to a paste with ½ teaspoon salt
  - ½ cup crème fraîche or sour cream

### MAKE THE TOMATO SOUP:

Spread the tomatoes, skin side down, in one layer in 2 foil-lined jelly-roll pans, add the garlic to 1 of the pans, and bake the tomatoes and the garlic in a preheated 350°F oven for 45 minutes to 1 hour, or until the tomatoes are very soft and their skin is dark brown.

Let the tomatoes and the garlic cool in the pans on racks.

In a heavy saucepan cook the shallot, the oregano, and salt and pepper to taste in the butter over moderately low heat, stirring, until the shallot is soft. Add the tomatoes, the garlic (*skins discarded*), and 1-½ cups of the broth, and simmer the mixture, covered, for 15 minutes. In a blender purée the soup in batches until it is very smooth, forcing it as it is puréed through a fine sieve set over the pan, cleaned, and whisk in the cream, the additional broth if necessary (*both soups should have the same consistency*), the lemon juice, and salt and pepper to taste.

The soup may be made 1 day in advance, kept covered and chilled, and reheated.

Make the serrano cream: In a blender blend together the chilies, the garlic paste, and the crème fraîche until the mixture is combined well. (*Be careful not to over blend the mixture or the cream may curdle.*) Force the mixture through a fine sieve set over a small bowl.

The serrano cream may be made 1 day in advance, kept covered and chilled, and brought to room temperature before serving.



— **ROASTED RED PEPPER SOUP** —

SUBMITTED BY CHASE (SHARON)

- 4 red bell peppers, roasted—seeded and peeled
  - 2 tablespoons butter
  - 1 red onion, chopped
  - 2 garlic cloves, minced
  - 4 cups chicken broth
    - 1 lemon juice
  - salt and pepper, to taste

Sauté onions and garlic in butter until soft. Add red peppers.

Cook for 2 or 3 minutes. Add broth cover and simmer for 20 minutes.

Add lemon juice. Process in food processor until smooth. Season with salt and pepper. Place back on stove until ready to serve.