

Italian Sausage Zucchini Soup
from Taste of Home

PREP TIME: 20 min

COOK TIME: 45 min

SERVINGS: 10 servings (3-1/4 quarts).

INGREDIENTS

- 1 package (19-1/2 ounces) hot or sweet Italian turkey sausage links, casings removed
- 4 celery ribs, chopped
- 1 medium onion, chopped
- 2 teaspoons Italian seasoning
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 2 medium zucchini, cut into 1/2-inch cubes
- 2 medium green peppers, chopped
- 4 cans (14-1/2 ounces each) no-salt-added whole tomatoes, undrained, crushed
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1 teaspoon sugar

PREPARATION STEPS

1. In a 6-qt. stockpot, cook and crumble sausage over medium-high heat until no longer pink, 5-7 minutes. Remove with a slotted spoon. Add celery, onion and seasonings to same pot; cook and stir until onion is tender, 4-6 minutes. Stir in sausage and remaining ingredients; bring to a boil. Reduce heat; simmer, covered, until zucchini and peppers are tender, about 30 minutes.

NOTE:

I added ditalini pasta for Cookbook Club.



Italian White Bean And Farro Soup

Italian White Bean and Farro Soup

From *Vegan At Times* by Jessica Seinfeld

Make a batch of this tasty, pantry-friendly, and cozy soup on a Sunday and you can put it in the fridge or freezer for another day.

Active: 30 min / Total: 65 min / Serves 4

- 3 tablespoons extra virgin olive oil
- 1 large yellow onion, chopped
- 1½ teaspoons kosher salt, plus more to taste
- 4 medium carrots, cut into ¼-inch-thick half-moons
- 3 ribs celery, cut into ¼-inch pieces
- 2 cloves garlic, finely chopped
- One 14-ounce can chopped or diced tomatoes
- 5 cups water or Vegetable Broth (page 224)
- ½ cup farro
- 2 teaspoons chopped fresh rosemary
- ¼ teaspoon freshly ground black pepper, plus more for serving
- ¼ teaspoon crushed red pepper flakes
- 4 cups spinach leaves
- One 15.5-ounce can cannellini beans, drained and rinsed, or 1½ cups cooked cannellini beans

In a large pot or Dutch oven, heat the oil over medium-high heat. Add the onion and ¼ teaspoon of the salt. Cook, stirring occasionally, for 5 to 6 minutes, until softened. Add the carrots and celery and cook, stirring often, for 5 to 6 minutes, until beginning to soften. Add the garlic and cook, stirring, for about 2 minutes, or until fragrant. Add the tomatoes and cook, stirring, for 2 minutes.

Add the water, farro, rosemary, black pepper, red pepper flakes, and the remaining 1¼ teaspoons salt and let come to a boil. Reduce the heat to a simmer, cover partially with a lid, and cook for about 25 minutes, until the farro is tender.

Remove the lid and stir in the spinach and beans. Simmer for 2 to 3 minutes, until the spinach is wilted and the beans are heated through. Taste for salt; you may want to add a little more.

Divide among bowls and serve topped with a little more black pepper.

Any vegetable can be swapped for the spinach and rice or bulgar can be substituted for the farro. Also, many other types of beans can be used.

Summer Corn Chowder

Recipe Courtesy of Cathy Lowe



Recipe Summary

Prep Time: 5 minutes

Cook Time: 20 minutes

Yield: 6 servings

User Rating: ★★☆☆☆

5 ears corn, husked
1 medium onion, chopped
2 tablespoon olive oil
2 cloves garlic, minced
1 red bell pepper, diced
Salt
Pepper
Cayenne
2 potatoes, peeled, cubed
6 1/2 cups chicken stock
Tabasco

In a large bowl, remove corn kernels from cob using a small knife. Set aside. In heavy pot saute onion in olive oil. Add garlic and red pepper. Stir. Season with salt, pepper and cayenne. Cook until vegetables are soft. Add corn and chicken stock. Add potatoes. Cover and simmer until potatoes are tender. Remove 2-3 ladles of soup to a blender and puree. Pour puree back in soup and stir. Serve hot with a dash of Tabasco.

HUBBARD SQUASH AND APPLE SOUP

Submitted by **runswithfork**

"Almost called this Squashalsauce it's such a great accompaniment to pork chops. This was easy and could also be done with a butternut squash or pumpkin. The curry is up to you. 3/4 of the family felt it improved it, but unfortunately didn't know my husband didn't like the stuff. I prepared my hubbard squash a week earlier (baked it whole with a lid cut out on the top for 2 hours) and

 Ready In: 30mins

 Serves: 6

 Ingredients: 9

DIRECTIONS

1. Slowly cook onions in butter, add the apples and cook until soft.
2. Add squash and allow to sweat if necessary.
3. Add broth to cover veggies and the sprig of rosemary.
4. Simmer for 10 minutes.
5. Remove rosemary.
6. Wisk the four and milk together and add to the pot and stir until the soup bubbles again for a minute.
7. When all is soft and cooked through use your stick blender or regular blender to puree the soup smooth.
8. Add curry to taste and serve.

INGREDIENTS

- $\frac{1}{4}$ cup **butter**
- 1 **onion**, chopped
- 2 small **apples**, chopped
- 3 cups hubbard squash
- 3 cups **chicken broth**
- 1 sprig **fresh rosemary**
- 5 ounces **evaporated milk**
- 2 tablespoons **flour**
- 1 dash **curry**

Black Bean Soup

2 cans black beans rinsed and drained
1 medium onion chopped
1 carrot peeled and sliced into thin rounds
3 garlic cloves chopped or pressed
2 cups low sodium vegetable or chicken broth
1 teaspoon sherry vinegar or 1 tablespoon lime juice
Sea salt and fresh ground pepper to taste
1/2 jar prepared salsa (if you like it hot)

Put in crock pot on low and turn on testing every once in while. Can serve with chopped cilantro or avocado or tortilla chips. Enjoy! PS you can puree half the soup with immersion blender or regular blender if you like a smoother texture.

Ham Bone Soup

cooking.nytimes.com

MAKES: 8 servings

COOK TIME: 1 hr 45 mins

This hearty soup requires a good afternoon simmer, filling your house with the aromas of all things good and warming. The marrow imbues the broth with a silkiness and richness, and the kale is thrown in for color and health. You might want hot sauce, or not. Either way, a bowl of this is the kind of thing that cures what ails you.

INGREDIENTS

4 strips bacon, thick cut, sliced into 1/2-inch pieces
3 large carrots, peeled and sliced
2 celery stalks, trimmed and sliced
1 large onion, peeled and diced
3 garlic cloves, finely chopped
1 ham bone 1 1/4 pounds, cut in half or in thirds ask your butcher to do this
1 bay leaf
2 1/2 teaspoons salt, plus additional to taste
1/2 head green cabbage, shredded about 8 cups
3 cups beans rinsed and drained if canned, such as cannellini, navy or pinto, cooked
1 small bunch kale, ribs removed and leaves chopped into bite-size pieces 6 cups
freshly ground black pepper
Hot sauce or apple cider vinegar, to taste

DIRECTIONS

1. Heat a large pot over medium-high heat. Add the bacon and cook until crisp, 5 to 7 minutes; remove with a slotted spoon to a paper towel-lined plate.
2. Add the carrots, celery and onion to the pot. Stir until softened, about 5 minutes. Add the garlic and cook 1 minute. Drop in the ham bone and bay leaf. Cover with 8 cups water and 2 teaspoons salt. Bring to a boil over high heat; reduce heat to medium-low and simmer for 20 minutes.

Note - I simmered on very low heat, covered, for 3 to 4 hours. I also did not add the salt since I had a good amount of ham left on bone - along with extra meat I was throwing in later.

3. Stir in the cabbage and simmer 30 minutes. Add the beans and simmer 15 minutes. Stir in the kale and simmer until soft, but vibrantly green, about 15 minutes. Season with the remaining 1/2 teaspoon salt (or more to taste). Add lots of pepper and a dash of hot sauce or vinegar. Serve with crumbled bacon on top.

Panettone Bread Pudding

davidlebovitz.com

MAKES: 10 servings

Inspired by Autentico by Rolando Beremendi Because of the brown sugar, that makes a nice, caramel-like sauce while the bread pudding is baking, you've got some leeway with the granulated sugar. I used 1/2 cup (100g) in the custard, but you can dial it down to 1/4 cup (50g), or anywhere in between, since panettone is already sweetened. (And they vary in sweetness, too.) If you don't have panettone, you can make this bread pudding with brioche or challah. Since those breads aren't so sweet, I'd use 1/2 cup (100g) of granulated sugar. I have a fairly heavy-duty square cake pan so I melted the butter and brown sugar together right in the pan on the stovetop. If your pan is flimsy, and you're concerned, you can cook the butter and brown sugar together in a saucepan, then pour it into your cake pan. Don't worry too much if the brown sugar is a bit thick and/or lumpy; once baked, it'll smooth out nicely.

INGREDIENTS

1 1/4 pounds panettone, cubed,
3/4 cup packed light or dark brown sugar
6 large eggs, at room temperature
1 teaspoon vanilla extract
1/4 teaspoon salt
1/2 cup granulated sugar,
3 cups milk or half-and-half
3 tablespoons unsalted butter, cubed

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Spread the cubed panettone on a baking sheet and toast in the oven until lightly browned, turning them over once or twice during baking, so they toast relatively evenly. They'll take about 20 minutes or so.
2. While the panettone is toasting, warm the butter in a sturdy 9-inch (22cm) square cake pan over low heat on the stovetop with the the brown sugar, stirring until the butter is melted and the sugar is moistened. Use a spatula to coax it so it covers the bottom of the cake pan, with no bare spots. Remove from heat and set aside.
3. Arrange the toasted panettone cubes evenly in the cake pan.
4. Whisk the eggs together in a medium bowl with the vanilla extract, salt, and granulated sugar. Gradually whisk in the milk until well-combined. Pour the custard over the panettone cubes and press down gently to make sure all the bread cubes are soaking in the custard.
5. Put the cake pan in a larger pan, such as a roasting pan, and fill the larger pan with hot water so it reaches halfway up the outsides of the cake pan. Bake the bread pudding until it feels barely set in the center, but don't overcook it, about 50 minutes. Remove from the oven, and wearing oven mitts, carefully lift the bread pudding out of the water bath and set it on a cooling rack.
6. If serving it warm, let the bread pudding cool for at least 30 minutes. Run a knife around

the edges to loosen the bread pudding from the pan and set a large serving platter or rimmed baking sheet upside down over the bread pudding. Grasping both the cake pan and serving platter, simultaneously turn both over, being careful to avoid getting any of the warm brown sugar sauce on you. Remove the cake pan, and cut into squares for serving.

Pasta e Ceci (Italian Pasta and Chickpea Stew)

By Colu Henry

Total Time 30 minutes

Rating ★★★★★ (7,910)



Andrew Purcell for The New York Times. Food Stylist: Barrett Washburne

There is an incredible number of recipes for this classic Roman dish, and everyone has an opinion on how it should be prepared. This version is more stew than soup, but it can be loosened up with a bit more water if you prefer. It begins with sautéing onion, tomatoes, garlic and rosemary in olive oil, then tossing in the chickpeas, and smashing a few to give the stew a creamy texture. Water is added, then uncooked pasta, which cooks as the stew simmers (and results in one less dish for you wash). Escarole is folded in right before serving. This flexible stew can go in a number of directions, so tweak it as you see fit, but don't forget to finish each bowl with grated pecorino and a drizzle of olive oil. Ciao.

INGREDIENTS

Yield: 4 servings

- 3 tablespoons olive oil, plus more for drizzling
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 teaspoons chopped fresh rosemary
- ½ teaspoon red-pepper flakes
- Kosher salt and black pepper
- 1 packed cup canned whole tomatoes, drained
- 1 (15-ounce) can chickpeas, rinsed
- 1 cup ditalini
- 4 cups roughly chopped escarole, Tuscan kale or radicchio
- Grated pecorino, for serving

PREPARATION

Step 1

Heat the oil in a large stock pot or Dutch oven over medium. Add the onion and cook, stirring occasionally, until softened but not taking on any color, 4 to 5 minutes. Add the garlic, rosemary and red-pepper flakes, and cook 1 minute more. Season well with salt and pepper.

Step 2

Stir in the tomatoes and the chickpeas, breaking up the tomatoes with the back of a spoon or spatula and smashing about ½ cup of the beans.

Step 3

Add 3 cups water and bring to a boil over high. Add the pasta and simmer, stirring often to make sure nothing sticks to the bottom of the pan, until the pasta is al dente, about 10 minutes. The water will mostly be absorbed by the pasta, but if you prefer it brothier, you can add ½ to 1 cup water and simmer until warmed through, 1 minute more. Season to taste with salt and pepper.

Step 4

Add the escarole and stir until wilted. Taste and adjust seasonings accordingly. Ladle into bowls and top with grated cheese and a drizzle of olive oil.

Private Notes

Leave a Private Note on this recipe and see it here.