Sicilian Soup



Adapted • Shared by Steve Janowicz

Ingredients

• 1 whole chicken (about 3 lb), or
• 2 pounds bone-in, skin-on chicken thighs
• Optional: 4 boneless skinless chicken breasts (for a leaner version)
• 1 medium yellow onion, chopped
• 3 celery ribs, sliced
• 3 large carrots, peeled and sliced
• 1 red bell pepper, diced
• 2 medium russet potatoes, peeled and cubed (about ¾-inch pieces)
• 5 garlic cloves, minced
• 1 (14.5 oz) can diced tomatoes (with juice)
• 4 cups low-sodium chicken broth
• 4 cups water (adjust to preference)
• 1 to 1½ cups ditalini pasta (or other small pasta like orzo or tubetti)
• 2 tablespoons fresh parsley, chopped
• 1 tablespoon dried oregano
• 1 teaspoon garlic powder
• 1 teaspoon onion powder
• Salt and pepper to taste
• Optional: ½ teaspoon red pepper flakes for mild heat
• If using whole chicken, trim any excess fat and giblets before use.
• Chop all vegetables roughly the same size for even cooking.
• You may cook pasta separately to avoid it absorbing too much broth in leftovers.

Instructions

1. In a small bowl, mix together the dried oregano, garlic powder, onion powder, salt, and pepper.

2. Rub this seasoning mix over the chicken pieces evenly to infuse flavor from the start.

3. In a large heavy-bottomed pot or Dutch oven, place the seasoned chicken.

4. Add chopped onion, celery, carrots, bell pepper, garlic, and potatoes.

5. Pour in the diced tomatoes with their juice.

6. Add parsley, then pour in the chicken broth and water until the chicken and vegetables are submerged (about 8 cups total liquid).

7. Stir gently to combine.

8. Bring the pot to a boil over medium-high heat.

9. Once it reaches a boil, reduce the heat to medium-low and cover partially with a lid.

10. Simmer for 45-60 minutes if using chicken parts; up to 90 minutes if using a whole chicken.

11. You'll know it's ready when the chicken is fully cooked and tender enough to shred easily.

12. Use tongs to carefully remove the cooked chicken from the pot and transfer to a large plate.

13. Allow it to cool slightly before removing the skin and bones (if using bone-in).

14. Shred the meat into bite-sized pieces using forks or your hands.

15. Return the shredded chicken to the pot.

16. Lightly mash a few potato chunks with a spoon or potato masher inside the pot to help thicken the broth naturally.

17. This step enhances the soup's texture without needing flour or cream.

18. Cook ditalini or other small pasta in a separate pot of salted boiling water until al dente.

19. Drain and set aside. This ensures the pasta doesn't become mushy in leftovers.

20. If you prefer, you can add pasta directly into the soup and simmer for 10-12 minutes, but note it may soften more over time.

21. Stir the pasta into the soup just before serving, or add it directly to individual bowls.

22. Taste and adjust seasoning with additional salt, black pepper, or red pepper flakes.

23. Garnish each bowl with freshly chopped parsley if desired.

Notes

Source: Lidia Recipes
Author: Chef