Sicilian Pastina Soup



Adapted • Shared by Steve Janowicz

Ingredients

- 6 tablespoons good extra virgin olive oil
- I used La Española
- ½ cup finely chopped carrots (peeled)
- ½ cup finely chopped celery
- ½ cup finely chopped onion
- 4 cloves garlic (minced)
- ¼ cup sliced pepperoncinis (no juice)
- Kosher salt and black pepper (to taste (season in layers!))
- 2 tablespoons tomato paste
- 14 ounce can cherry tomatoes
- ½ tablespoon Italian seasoning
- 1 bay leaf
- 32 ounces chicken stock (+ 1-2 cups more if your adding shredded chicken)
- 1 Parmesan rind
- 1 cup Acini di Pepe pasta (pastina (uncooked) cooks in soup)
- 1 rotisserie chicken (finely shredded (optional))
- ¼ cup fresh parsley (chopped)
- Freshly grated Parmesan cheese (for serving)
- Extra virgin olive oil (for drizzling)
- Fresh basil or parsley (for garnish)
- Crusty bread (for serving)

Instructions

1. Build the flavor base (low and slow)

2. Heat the olive oil in a large pot over medium to medium-low heat. Add the carrots, celery, onion, garlic, and sliced pepperoncinis. Season generously with salt and pepper.

3. Cook slowly for 10-15 minutes, stirring often, until the vegetables are soft and translucent with just a slight golden tint. You're not browning anything here - this should be gentle, glossy, and fragrant.

4. Season in layers

5. This soup is all about layering flavor. Season now, season again later, and taste at the end. This is how you get depth.

6. Cook the tomato paste

7. Add the tomato paste and stir continuously over medium heat for 3-5 minutes, until it deepens in color

and smells rich and slightly sweet - like a sunset in a pot.

8. Add the tomatoes

9. Pour in the cherry tomatoes and break them up with a wooden spoon. Leave them as chunky or as broken down as you like.

10. Season and simmer

11. Add the Italian seasoning, bay leaf, and another pinch of salt and pepper. Bring to a boil, then reduce to a simmer and cook for 5-10 minutes.

12. Add the chicken stock

13. Before tossing the tomato can, fill it with chicken stock, swirl it around, and pour it into the pot to get every bit of flavor. Add the remaining stock until you've used 32 ounces total. Season lightly again.

14. Parmesan magic

15. Add the Parmesan rind and bring the soup back to a boil.

16. Cook the pastina

17. Add the acini di pepe directly to the soup. Bring to a rolling boil and cook according to the package directions (mine was 9 minutes).

18. The soup will thicken as the pasta cooks - that starch is exactly what you want.

19. Option 1: Simple Pastina Soup

20. Remove the bay leaf and Parmesan rind. Taste and adjust seasoning, then serve as is. Cozy, comforting, and unreal.

21. Option 2: Make It a Meal

22. Stir in the shredded rotisserie chicken and chopped parsley. If needed, add about 1 additional cup of low-sodium chicken stock to loosen the soup.

23. Bring back to a gentle boil, then reduce to a simmer for 2-3 minutes, just until the chicken is heated through.

Notes

Source: Melissa Jo Real Recipes
Author: Melissa Jo

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Imported Description

If you grew up Italian, you already know - pastina soup is comfort, medicine, and love all in one bowl. This is the soup we make when someone's sick, when it's cold outside, or when you just need something warm and familiar.This is Melissa Jo's Pastina Soup, my way of making it. It's a little different than the traditional version,

but trust me when I say - it's totally better. It's slow, layered, deeply flavorful, and honestly one of the best soups you'll ever eat.And if you love cozy, comforting soups as much as I do, make sure to also try my Creamy Chicken Noodle Soup, Creamy Italian Sausage Soup, or my ever-so-viral Lasagna Soup. Soup season is my love language.