

Italian Wedding Soup

The Italian Wedding Soup is perfect for one of those cold winter days when you want the aroma from your kitchen surrounding you with warmth and goodness. The term wedding soup comes from Italian "minestra maritata" (married soup) which refers to the flavor produced by the marriage of greens and meat.

You can purchase two cans of cannellini beans or make them fresh from dried beans. I can recommend making the fresh beans in an Instant Pot or pressure cooker. If you do, save the cooking liquid to use as your soup broth.

¼ pound	ham or pancetta, chopped	1 Tablespoon	oregano leaves, crushed, dried or more if fresh
½ pound	Italian sausages, casings removed	5 cups	water or reserved bean broth from cooking dried beans
4 cloves	garlic	¼ pound	sliced dried salami
1 bunch	kale, stems removed (about 8 cups)	1 teaspoon +/-	Kosher salt to taste
1 head	escarole	¼ teaspoon	black pepper
1 small head	cabbage, Savoy preferred (about 8 cups)	¼ cup	Fresh grated parmesan cheese
2 19-ounce cans	cannellini beans		
1 28-ounce can	diced tomatoes		

- 1 In a large soup pot, cook the diced ham and Italian sausage until it browns. Add in the garlic.
- 2 While the meat is cooking, chop the greens. Remove the stems from the kale and discard. Chop the kale and set aside. Slice through escarole until it is roughly chopped. Half the cabbage, remove the core. Place the cut side down on the cutting board and thinly slice the cabbage. Use half of the cabbage if large or a whole cabbage if small.
- 3 Puree one can of the cannellini beans in a food processor with the juices. Set aside.
- 4 Add the tomatoes, pureed cannellini beans and oregano to the pot with the meat. Begin to bring to a boil on high heat.
- 5 Then immediately add the whole cannellini beans with their juices and begin to add the greens and the bean broth or water. It will take a few batches to add in all the chopped greens. As the greens wilt, there will be more room in the pot to add more. Once the soup has reached boiling, turn the heat on low and simmer gently. Do not cover the pot. This helps keep the greens a more vibrant color.
- 6 Finally, add the salami and cook an additional 20 minutes. While it is cooking, taste the soup and add salt and pepper to taste.
- 7 Serve the Italian Wedding Soup with grated parmesan cheese.

Servings: 12

Nutrition Facts

Nutrition (per serving): 402 calories, 101 calories from fat, 11.3g total fat, 31mg cholesterol, 971.8mg sodium, 1771.7mg potassium, 52g carbohydrates, 14.4g fiber, 3.8g sugar, 26.8g protein.

Source

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Source: Mr. Sunday's Soups by Lorraine Wallace

