

Calabrian Cooked Bread Soup

Pano Cotto Calabrese

Prep time - about 20 minutes, makes 4 to 6 servings level- easy

It was delicious the first time and just as good the second. This soup is easy to make, forgiving and easily accommodates substitutions of bacon for pancetta and sausages from mild to spicy. The smoked bacon and rosemary (and something) sausages came from [the Honest Butcher](#). For the greens, I used rapini instead of chicory, spinach or Swiss chard. Savoy cabbage works well too, though it's not specified in Emily Richard's recipe. I didn't technically have any guests, but Jay and I do count.

Preparation

4 oz (125 g) of pancetta, dices
2 cloves of garlic, minced
1 small onion, finely chopped
1 stalk celery, finely chopped
1/4 c. (50 ml) chopped fresh Italian parsley
1 can (28 oz/796 mL) diced tomatoes
4 cups (1 L) chicken stock, store-bought or home-made
4 cups (1L) lightly packed thinly sliced greens (chicory, rapini, spinach or Swiss chard)
2 thick slices stale Italian bread
3 tbsp (45 ml) freshly grated pecorino Romano cheese
2 Italian sausages, cooked and sliced (optional)
Extra virgin olive oil (optional)

Preparation

In a large saucepan, cook pancetta over medium-high heat for about 3 minutes or until it starts to turn golden brown. If the pancetta doesn't render much fat, add about 1 tbsp olive oil before adding onions, etc. Reduce heat to medium and add garlic, onion, celery and parsley; cook for about 5 minutes or until vegetables are softened.

Add tomatoes and stock; bring to a boil. Reduce heat, and simmer for 15 minutes. Add greens and bread; simmer, stirring, for about 8 minutes or until greens are tender and bread is soft. It can be refrigerated for up to 2 days. Reheat before continuing.

Ladle into soup bowls, and sprinkle with cheese. Top with sliced sausages and drizzle with olive oil if using.

Per each of 6 servings: 190 calories, 12 g protein, 8 g fat, 16 g carbohydrates, 4 g fiber

Source: Italian Express, 150 Fast and Easy Family Favorites, p.40, by [Emily Richards](#)