

Treasure Barrel

Italian Penicillin Soup: Light, Easy & Comforting Recipe

5 min Prep time	**15 min** Cook time	**20 min** Total time
2 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

For the Soup

- [ ] 1 tbsp olive oil
- [ ] 1-2 cloves garlic, minced very finely
- [ ] 4 cups high-quality chicken or vegetable broth
- [ ] 1/2 cup tiny pasta (like pastina, acini di pepe, or orzo)
- [ ] Salt and freshly ground black pepper, to taste

For Serving

- [ ] 1/4 cup freshly grated Parmesan cheese
- [ ] 1 tbsp fresh parsley, finely chopped
- [ ] A squeeze of fresh lemon juice (optional)

Instructions

1. First, let's just get everything calm and ready. Place a medium-sized saucepan or a small Dutch oven over low heat. Drizzle in your olive oil and let it warm up gently for a moment. Add the finely minced garlic and stir it softly with a wooden spoon. We're not trying to get any color on it, just coaxing out its sweet aroma. Let it bloom in the warm oil for about a minute, until you can smell that lovely, fragrant scent. It's such a beautiful and simple start to any dish.

2. Now, carefully pour the broth into the pot. Turn the heat up to medium-high and bring it to a gentle simmer. You'll see those little bubbles starting to dance on the surface. Once it's simmering, pour in your tiny pasta. Give everything a good stir to prevent the pasta from clumping at the bottom. This is my favorite part; watching the little pasta shapes swirl in the golden liquid is just so meditative and lovely.

3. Let the soup simmer gently, uncovered, for about 8 to 10 minutes, or until the pasta is tender. The exact time will depend on the type of pasta you're using, so check the package directions as a guide. Stir it occasionally. During this time, the pasta will swell and the broth will become slightly thickened from the starches. This is a good time to taste the broth and season it with a little salt and freshly ground black pepper. Remember, the Parmesan will add saltiness later, so go easy at first.

4. Once the pasta is perfectly tender, turn off the heat. Ladle the hot soup into your favorite cozy bowls. Don't be shy with the Parmesan cheese; a generous sprinkle over the top is essential. It will melt slightly into the hot broth, creating little pockets of savory goodness. Garnish with a little fresh parsley for a touch of green and a feeling of freshness. If you like, a tiny squeeze of lemon juice at the end really brightens everything up. Serve it immediately and just enjoy the warmth.

Nutrition per serving

250 kcal	12 g	32 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- The pasta will absorb the broth as it sits, so this soup is truly best enjoyed right after it's made. If you have leftovers, they will be much thicker the next day, which is still delicious, just a different experience!
- Feel free to add a pinch of dried oregano or a small bay leaf to the broth while it simmers for another layer of subtle, aromatic flavor. Just remember to remove the bay leaf before serving.
- For an extra-rich version, you can stir a whisked egg into the simmering soup just before serving, like a classic Italian Stracciatella. It adds a lovely, silky texture and a bit of protein.