



CELENTANO®

soup & chili cookbook



From Our Family To Yours





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REAL ITALIAN goodness

There's nothing better than Italian food and enjoying classic dishes with family and friends. For more than 50 years, that's been at the heart of Rosina Food Products - a family-owned company, honoring a real Italian family tradition, to bring you real Italian goodness.

Whether you're enjoying a great meal at home, lunch at the office, even dinner at your favorite restaurant, you'll find the Real Italian Style of the brands of Rosina Food Products, delicious, nutritious, and easy-to-prepare.

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classic crock pot meatball soup

Servings: 8

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Ingredients

1 package (26 oz.) Rosina Homestyle Meatballs or Rosina Italian Style Meatballs, thawed

1 ¾ cups beef broth

1 cup water

1 can diced tomatoes with basil, garlic, and oregano seasonings, undrained

1 can cannellini beans, drained

½ box rotini pasta

⅓ cup shredded Parmesan cheese

basil, optional

Cooking Directions

In a 3 to 4 quart crock pot or slow cooker, mix all ingredients together except for the rotini pasta, Parmesan cheese and basil. Cover with lid and set on low heat, cook for 8 to 10 hours stirring occasionally. Cook the rotini pasta 20 minutes before your soup is done, then add to soup. Spoon soup into bowls, garnish with the shredded Parmesan cheese and basil (optional).

The Magical Crock Pot



Crockpots are all the rage again, just like in the 80's because people are busier than ever and need a way to make wholesome, easy and convenient meals to serve their families. Here are the real benefits to using your crock pot:

- 1. Easy One Step Prep** - Put all your ingredients in, put the lid on and turn it on. (Yes, some have fancy electronics now so you can even start it later in the day if you want.)
- 2. Uses Less Energy** - A crock pot heats only the food and the vessel, your not heating the room or an entire oven to cook your meal, so less energy is used.
- 3. Economical** - Because crockpots cook low and slow in a moist environment, tougher, cheaper cuts of meat become flavorful and tender. This saves you money.
- 4. Bring out the flavor** - Moist heat transfers flavor compounds better than other cooking methods. Because the heat never gets too high in a crockpot the flavor compounds are not flashed off or boiled away.
- 5. Flexibility** - Spend a few minutes online and you can find a crockpot recipe for almost any meal craving you have.

Always remember to keep that lid in place. Every time you lift that lid you lose 15 minutes of cook time.



mini rounds™ cheese ravioli soup with Italian sausage and baby arugula

Servings: 4

Ingredients

1 package (24 oz.) Celentano Mini Rounds™ Cheese Ravioli

½ lb. mild (or hot) Italian sausage, casing removed

¼ cup diced onion

2 stalks celery, diced

½ cup frozen carrots and peas

2 cups marinara or tomato sauce

4 cups unsalted chicken broth

¼ cup sun-dried tomatoes

4 cups baby arugula, rough chopped

4 tablespoons ricotta cheese

Cooking Directions

Bring a large pot of water to a boil and cook the ravioli according to the package directions. Drain and set aside. Preheat a large saucepan over medium-high heat. Brown sausage for 5-7 minutes, stirring to crumble sausage, assuring sausage is completely cooked. Stir in onion, celery, carrots and peas into the sausage and cook for 4 minutes, stirring often. Reduce heat to medium-low. Stir in the pasta sauce, broth and sun-dried tomatoes. Simmer for 8-10 minutes, stirring occasionally. To serve, divide ravioli into bottom of soup bowls and fill each bowl with soup. Top with a handful of rough chopped baby arugula and garnish with 1 tablespoon of ricotta cheese.

Make Your Own Sun-dried Tomatoes



Sun-dried tomatoes add a gourmet touch and great flavor to many pasta dishes and salads. It is very easy to make your own sun-dried tomatoes at home. They will be fresher and much more economical if you make them yourself. Here's how:

1. Rinse and dry your favorite tomatoes, any kind will work. Slice lengthwise into wedges or simply in half for smaller grape or cherry varieties.

2. Line two cookie sheets with parchment paper and place all the tomato wedges on the cookie sheets, seed side up.

3. Sprinkle the tomatoes moderately with sea salt.

4. Place the sheet pans in your oven and set your oven at its lowest heat setting, usually about 170°F. Bake them for 5-6 hours.

5. Check the tomatoes regularly after about four hours. When they are done they will be wrinkled, dried, and a deep red color. Some may dry faster than others, so remove them as they dry.

6. Let the dried tomatoes cool completely and then store them in a plastic bag. They can be stored safely for about a month in the refrigerator.



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cheese tortellini tortilla soup

Servings: 4

Ingredients

- 1 package (19 oz.) Celentano Cheese Tortellini
 - 1 teaspoon olive oil
 - 1 large onion, diced
 - 2 jalapeño peppers, seeded and diced
 - 1 (1.25 oz.) taco seasoning packet
 - 2 tablespoons tomato paste
 - 1 cup frozen whole kernel corn
 - 1 cup canned black beans, rinsed and drained
 - 1 (14.5 oz.) can diced tomatoes, undrained
 - 1 (32 oz.) carton vegetable stock
 - 2 cups (half bag) frozen, pre-cooked chicken breast, thawed and shredded
- Optional toppings: fresh cilantro, avocado, sour cream, pepper jack cheese, tortilla strips or chips

Cooking Directions

Heat the oil in a large pot over medium-high heat. Add the onion and peppers and cook for 2 minutes stirring continually. Stir in the taco seasoning packet and cook an additional 2 minutes until seasoning is combined and vegetables are tender. Add in the tomato paste, corn, beans, diced tomatoes, vegetable stock, and shredded chicken and return to a simmer. Simmer for an additional 5 minutes, stirring occasionally. Cook tortellini according to package instructions, drain and divide into soup bowls. Ladle soup over the tortellini and serve topped with desired toppings.

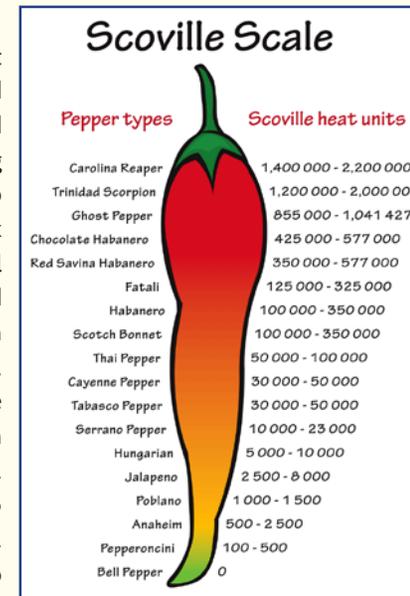
How Hot are Your Peppers?



What are Scoville Units? When you go shopping at your local grocer's produce section you will see many different types of chili peppers. Some are hot and some are not, and with the ever increasing number of available varieties, grocers now label the heat level in Scoville units on the tags so you can know what to expect when eating them.

Created in 1912 by Wilber Scoville, Scoville Units are a measure of the perceptible heat level from a chemical compound called capsaicin found in peppers. Capsaicin are what cause that tingle or pain on your lips and tongue when you eat chili peppers and can range from 0 to 2.5 million Scoville units. The Scoville value represents a dilution value that the pepper would require before the heat is no longer detectable to a person. So, for a green bell pepper with a Scoville value of zero, no dilution is needed to perceive no heat, but for a jalapeño chili rated at 5,000 Scoville units it needs to be diluted 5,000:1 in sugar water before no heat is detectable.

Using this simple number you can correlate how hot the pepper will be when you take it home. If jalapeño chilies are already borderline hot for you, then you certainly don't want to eat a chili with 15,000 units. You need to know your limit and stay within it.



©The Chile Pepper Institute



cheese tortellini, farro and vegetable soup

Servings: 4-6

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Ingredients

- 1 package (19 oz.) Celentano Cheese Tortellini
- 3 tablespoons olive oil
- 2 celery stalks, thinly sliced
- ½ onion, diced
- 1 leek, white and pale green parts only, rinsed and thinly sliced
- 1 cup Farro
- 1 tablespoon tomato paste
- 2 (32 oz.) cartons vegetable stock
- 1 (15 oz.) can Borlotti cranberry beans or kidney beans, drained and rinsed
- 2 carrots, peeled and cut ¼ inch thick
- 1½ cups frozen peas
- salt and black pepper
- 2 tablespoons fresh basil, thinly sliced

Cooking Directions

In a large pot heat olive oil over medium heat. Add the celery, onion, leek and cook until softened, stirring occasionally for 5 minutes. Maintain medium heat and add the Farro grain and tomato paste. Stir thoroughly to coat the grains and add 1 carton of the vegetable stock and the beans. Bring to a boil and then lower heat to simmer for 30 minutes. Add the carrots and the remaining vegetable stock, cover the pot and cook over low heat until the carrots are tender (about 20-25 minutes). Stir in the peas and cook an additional 3-5 minutes. Season with salt and black pepper. Cook the tortellini according to package instructions, drain and divide into soup bowls. Ladle soup over tortellini and sprinkle with fresh basil. Serve immediately.

Farro – Ancient Wheat Grains



Farro, (“ancient wheat grain” in Italian), is regionally diverse in Italy and can include Spelt, Einkorn, or Emmer wheat varieties. These old-world grains are loved for their nutty taste and chewy texture that adds a signature character to many dishes.

In the USA, the Emmer variety is what is usually on the shelves and is available three ways; whole grain, semi-pearled and pearled (pearled means some or all of the outer bran is ground away so it cooks faster). Generally, I would suggest you stay away from the whole grain version because the cook times for ancient wheat varieties is much longer than modern wheat. Whole grain Farro may take up to 50 minutes to become tender in boiling water. The fully pearled variety cooks like rice in about 15 minutes.

Farro grains are good for you because they are high in fiber and protein with lower levels of starch, which also means they offer a lower glycemic index and more sustained energy. You can cook them the same as you would rice or pasta, adjusting the times to accommodate the longer cook time, or just follow the package instructions. They add a new nutty, chewy delicious twist to your favorite soups, cold salads or bowls.



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vegetable soup with cavatelli and parmesan broth

Servings: 4

Ingredients

- 1 package (24 oz.) Celentano Cavatelli
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 3 carrots, peeled, halved and sliced thin
- 2 celery stalks, halved and sliced thin
- 1 leek, white and pale green part only, rinsed and sliced thin
- 1 fennel bulb, halved, cored and sliced thin
- 1 (28 oz.) can chopped tomatoes
- 2 dry bay leaves
- 2 quarts water
- 1 - 3 inch square of Parmesan cheese rind
- 1 tablespoon fresh Italian parsley, chopped
- 1 tablespoon fresh basil, chopped
- salt and black pepper, to taste
- ¼ cup freshly grated Parmesan cheese (save the rind)

Cooking Directions

Heat olive oil in a large pot over medium heat. Add the garlic and cook until fragrant (about 2 minutes.) Add the carrots, celery, leeks, fennel, tomatoes and bay leaves and cook until the vegetables begin to soften, about 5 minutes stirring occasionally. Add the water and Parmesan cheese rind and bring to a simmer. Partially cover the pot with a lid and simmer until the vegetables are tender, about 20-25 minutes. Remove and discard the Parmesan cheese rind and bay leaves. Stir in the parsley, basil and season the soup with salt and black pepper. Cook the cavatelli according to package instructions, drain and divide into soup bowls. Ladle soup into bowls, sprinkle with the grated Parmesan cheese, and serve immediately.

Bay Leaves – Background Harmony



Bay leaves play an important part in building layers of flavor into common and complex dishes. Coming from the Mediterranean evergreen Bay Laurel bush or shrub, they are fresh or dried, whole or ground and bring a depth of subtle complex flavors to many dishes. The primary aroma associated with Bay leaves is eucalyptus, but they bring along a warming herbal note that deepens all of the other flavors in the dish.

Bay leaves unlike most other dried herbs last a very long time in an airtight container and even longer in the freezer. Dried bay leaves are usually from Turkey with fresh ones coming from California; be careful using fresh because they are very strong and can quickly ruin a dish.

Bay Leaves are typically removed from the dish prior to serving because, they have served their purpose of imparting the desired flavor and they are unpleasant to chew and can be a choking hazard. If the recipe says they are optional, add them in and the dish will always taste better.



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gluten-free meatball chili

Servings: 6

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Ingredients

1 package (22 oz.) Rosina Gluten-Free Italian Style Meatballs, thawed

1 package Santa Fe Medley frozen mixed vegetables

2 cups chopped fresh tomatoes or halved cherry tomatoes

1 ½ cups water

1 tablespoon chili powder

3 tablespoons tomato paste

Salt and black pepper to taste

Optional toppings: jalapeño peppers, cherry tomatoes, fresh cilantro, sour cream, cheddar cheese

Cooking Directions

In a Dutch oven combine the thawed gluten-free meatballs, Santa Fe Medley mixed vegetables, fresh tomatoes, water, chili powder, and tomato paste. Cook chili, covered, over medium-low heat for 20 minutes, stirring occasionally and break up the meatballs. Add salt and black pepper to taste. To serve, ladle the chili into bowls. If desired top with the jalapeño peppers, cherry tomatoes, fresh cilantro, sour cream and cheddar cheese.

Cast Iron Care



Cast iron cookware is my favorite to cook with, but to keep your cast iron cookware in top condition takes some special care. The original non-stick cookware, cast iron cookware when seasoned properly will release a cooked egg just as great as the latest "super copper" pan (I'll address how to season a cast iron pan in another tips segment.) Here's some tips on caring for your cast iron pans.

1. Wash your cast iron pan in hot water immediately after use. You can use warm soapy water for this if you like but most cast iron users rinse with hot water only. Wipe with a cloth to remove all food debris and try not to scrub vigorously or submerge the pan in water.
2. Dry the cast iron cookware immediately after washing. Cast iron will rust if it isn't, so I dry my pans with a cloth and then put them back on the stove to heat them up and finish the drying.
3. If you won't use them for a while, lightly coat the inside of the pan with oil, and heat for a minute or two longer wiping the oil on all pan surfaces (outside too) before storage. This will help restore any seasoning that might have been lost during washing and keep the pans from rusting in your cupboards.
4. Store pans with the lids off. This prevents leftover moisture from being stuck in the pan and prevents rust.
5. Wooden cooking utensils are best suited for cast iron cookware.
6. Do not store foods in cast iron. Transfer them to a storage container and clean your pan.
7. Never submerge cast iron in water. Hot cast iron will break if shocked with extreme temperature changes.
8. NEVER...put cast iron in the dishwasher!

Take care of your cast iron pans and they will last a lifetime, they are the best value in cookware out there.



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southwest turkey meatball chili

Servings: 4

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Ingredients

1 package (12 oz.) Rosina Turkey Meatballs

½ yellow onion, diced

1 carrot, diced

1 celery stalk, diced

½ red bell pepper, diced

1 ¾ teaspoons chili powder

1 teaspoon cumin

½ teaspoon dried oregano

⅛ teaspoon cayenne pepper

½ teaspoon salt

½ (28 oz.) can diced tomatoes

1 ¾ cups chicken stock

½ can red kidney beans, drained and rinsed

1 cup frozen corn

½ can cannellini beans, drained and rinsed

Optional toppings: cheddar cheese, avocado, cilantro, sour cream

Cooking Directions

Cook turkey meatballs according to package directions. Allow to cool, crumble the meatballs and set aside. Place oil in a large sauce pan over medium heat. Add the onion, carrot, celery, and red bell pepper and sauté for 5-7 minutes, stirring frequently. Add the crumbled turkey meatballs to the sautéed vegetables. Add in the chili powder, cumin, oregano, cayenne pepper and salt while stirring to evenly mix in all the spices. Add the diced tomatoes, chicken stock, kidney beans, corn, and cannellini beans. Bring to a boil and then reduce heat to low and simmer for 30 minutes until thickened. Taste and adjust the seasoning as necessary. To serve, spoon into bowls and top with suggested optional toppings.

Growing Oregano at Home



Oregano is a sturdy, flavorful herb that comes in many varieties and can be grown in most climates. Oregano brings a robust Italian flavor that is familiar to most, but nothing beats fresh cut herbs to compliment any dish. Here are some tips on how to grow oregano at home:

Sow oregano seeds in well drained, loamy soil after the last frost of the season. Start the seeds indoors 6-8 weeks before it is safe to transplant them outside. Plant in full sunlight and water when the soil becomes dry to the touch; never let the soil get soggy.

Oregano grows well in containers as well. You can use a pot as small as 6 inches and keep it on a bright window ledge or porch. The bigger the pot, the bigger the plant and more flavorful the leaves will be. If your winters get colder than 45°F, then you will want to bring the plant inside in the fall, and keep them in pots until the next spring.

There are many different varieties of oregano, some are even just for ornamental value. The flavor can vary greatly so, trial and error may be necessary to find the variety you like best.



white chicken chili with cavatelli

Servings: 4

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Ingredients

- 1 package (24 oz.) Celentano Cavatelli
- 1 tablespoon olive oil
- ½ white onion, diced
- ½ jalapeño, seeded and minced
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 ¼ teaspoons salt
- ¼ teaspoon cayenne pepper
- 1 fully cooked rotisserie chicken, shredded
- ½ cup frozen whole kernel corn
- 2 (15 oz.) cans cannellini beans, rinsed and drained
- 2 cups chicken broth
- ¼ cup heavy cream
- Pepper jack cheese

Optional toppings: chopped cilantro, sour cream, diced avocado, tortilla strips

Cooking Directions

Heat the olive oil in a large pot over medium-high heat. Add the onion and jalapeño and cook, stirring occasionally for 2-3 minutes. Add the minced garlic, spices and chicken to the pot and stir to coat the chicken with the spices. Add the corn, beans, and chicken broth; cook at a simmer for 10-15 minutes, stirring occasionally. Cook the cavatelli according to package instructions, drain and divide into soup bowls. Stir cream into the pot of chili and ladle chili over the cavatelli topped with pepper jack cheese and other optional toppings. Serve immediately.

*Fresh
Ingredients
Make the
Difference!*



Home cooks can often overlook the impact of fresh ingredients in creating really memorable flavors all for the sake of convenience. As you look through this brief compilation of recipes keep this notion in mind: the recipe will always taste better if you step it up with fresh ingredients. For example: try to use fresh olives instead of canned, roast and dice your own green chilies or tomatoes, crumble your own cheese, use fresh herbs instead of dried etc.

As you grow in cooking knowledge and gain comfort with building flavors in your kitchen, fresh ingredients can still be convenient and make all the difference!



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meet the chef

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Chef Herb Stockschlaeder II, CRC, DTR
Director – R&D and Strategic Channels



Chef Herb Stockschlaeder is the Director of R&D and Strategic Channels for Rosina Food Products, Inc. and is a classically trained chef graduated from the New England Culinary Institute in 1989. Before entering the food manufacturing business, Herb honed his culinary skills in hotels and restaurants in Seattle, WA; Vail, CO; Montpelier, VT and Buffalo, NY. Herb also earned undergraduate degrees in Dietetics and Business Management.

Chef Herb is a Dietetic Technician – Registered with the Commission on Dietetic Registration, the certifying arm of the Academy of Nutrition and Dietetics since 1992 and also a Certified Research Chef, certified by the Research Chef's Association Certification Commission since 2004. He is a contributing author to the reference text *Culinology* – Wiley 2016 and has been featured in RCA publications, *QA Magazine*, *Prepared Foods* and others.

Since joining Rosina in 2003, Chef Herb has been working hard to bring you Rosina's Real Italian Goodness for you and your family to enjoy!

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