

MYERBERG CENTER- COOKING WITH CHEF ALBA  
“EXCEPTIONAL SOUPS YOU CAN EAT WITH A FORK”



### SUPER GREEN SOUP

2 tablespoons extra virgin olive oil  
1 large leek, thinly sliced (thoroughly rinsed)  
2 garlic cloves, minced  
1/2 teaspoon dried thyme  
2 large zucchini, grated  
3 cups baby spinach, roughly chopped  
1 large potato peeled, tiny diced, *optional*  
2 cups broccoli florets, roughly chopped  
3-4 cups hot vegetable broth or water  
1-2 tablespoons minced Italian parsley  
1-2 tablespoons minced dill  
Salt and black pepper

### Optional toppings

toasted pumpkin seeds  
toasted pistachios  
drizzle EVOO

1. Drizzle olive oil in a large soup pot, and add the leeks, garlic, and dried thyme. Sauté the leeks on a medium-low heat for 4-5 minutes, stirring occasionally until softened.
2. Add in the zucchini, potato (if using), broccoli, and spinach. Stir well and cook for 5-6 minutes.
3. Pour in the liquid and bring to a boil. Reduce the heat to a light simmer and cook 10-15 minutes.
4. Use an immersion blender to blend the soup, or transfer batches to a food processor to blend. Ladle into serving bowls and add any optional topping you like.

### LENTILS HERBS AND RICE SOUP

2-3 tablespoons extra virgin olive oil  
1 large onion, small dice or grated  
3 cloves garlic, finely minced  
2 medium carrots, small dice or grated  
1 cup lentils (rinse in cold water)  
1/2 cup rice  
6 cups hot vegetable broth or hot water  
Salt and pepper

### Herbs

1/2 teaspoon dried oregano  
2-3 tablespoons minced basil  
2-3 tablespoons minced Italian parsley

1. In a large pot, heat the olive oil over medium-low heat. Add the onion, carrots, and garlic, and sauté until barely golden and softened. Add the dried oregano and mix.
2. Add the lentils, rice, hot vegetable broth, salt, and pepper. Bring to a boil. (you can cook the lentils ahead of time to shorten the cooking time).
3. Reduce heat, cover, and simmer for 30- 40 minutes, or until the lentils and rice are cooked. Add the fresh herbs and adjust the seasoning as needed and serve warm with a drizzle of olive oil.

### **PUMPKIN AND CHICKPEAS MINESTRA**

½ sweet white onion, minced

1 ½ cups cubed butternut squash or pumpkin

1 can cooked chickpeas, drained

Salt and pepper

½ cup Ditalini pasta (or favorite soup pasta)

Extra virgin olive oil

Sprinkle grated parmesan cheese

1. Boil the chopped onion in lightly salted water with the squash/pumpkin cubes; cook until soft. With the help of a slotted spoon, remove the pumpkin and onion from the cooking water. Keep the water in the pan for later use. Transfer everything in a deep bowl, add the cooked chickpeas and set aside.
2. Using a stick blender, blend the onion, pumpkin, and chickpeas in the bowl. Drizzle in 2 tablespoons of olive oil and blend until creamy.
3. Cook the pasta in the same cooking water as the pumpkin and onion. When the pasta is al dente, add in the blended soup to the pan. Warm for a few minutes. Taste for seasoning and adjust as needed. Serve with grated cheese and a drizzle of olive oil on top.

### **EVOO TRADITIONAL BRUSCHETTA**

4-6 slices French or Rustic bread, sliced about ½ inch thick

Extra virgin olive oil

Sea salt or kosher salt

Recipes by: [Easycookingwithalba.blogspot.com](http://Easycookingwithalba.blogspot.com), [aejhome@yahoo.com](mailto:aejhome@yahoo.com)