



Italian Zucchini "Ribollita" Bread Soup + Rosemary Croutons + Orange Rosemary Spritzer

By Erin Fletter

Prep Time 40 / Cook Time 25 / Serves 4 - 6

Shopping List

FRESH

3 to 4 fresh rosemary sprigs

1/2 white or yellow onion

3 garlic cloves

1 carrot

2 zucchini

1 C fresh spinach leaves

2 oranges

DAIRY

grated Parmesan, asiago, or mozzarella cheese, optional ******(see allergy subs below)******

BREAD

4 slices sourdough or whole wheat bread ******(see allergy subs below)******

PANTRY

1 14-oz can plum or diced tomatoes ******

1/2 C olive oil

1/4 C + 2 tsp granulated sugar + more to taste

1 1/2 tsp salt + more to taste

- 2 1/2 C veggie broth **
- 1 14-oz can white beans **(see allergy subs below)**
- 1/4 tsp ground black pepper
- 3 C sparkling water
- HAVE ON HAND
- 1 C ice

Fun-Da-Mentals Kitchen Skills

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

pinch: to squeeze with two fingers to break off small pieces of a fresh herb or to collect a tiny measurement of a dried herb or spice.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

slice: to cut into thin pieces using a sawing motion with your knife.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

Equipment

- Skillet
- Blender (or food processor)
- Cutting board
- Kid-safe knife
- Can opener
- Measuring spoons

- Grater
- Liquid measuring cup
- Colander or strainer
- Medium mixing bowl
- Pitcher
- Citrus squeezer (optional)
- Dry measuring cups

Ingredients

Italian Zucchini "Ribollita" Bread Soup

- 1 fresh rosemary sprig
- 1/2 white or yellow onion
- 1 14-oz can plum or diced tomatoes **
- 2 garlic cloves
- 1/4 C olive oil + more to taste
- 2 tsp sugar + more to taste
- 1 tsp salt + more to taste
- 1 carrot
- 2 zucchini
- 2 1/2 C veggie broth **
- 1 14-oz can white beans, drained **(for LEGUME ALLERGY sub 1 14-oz can corn, drained)**
- 1 C fresh spinach leaves
- 2 slices sourdough or whole wheat bread **(for GLUTEN ALLERGY sub gluten-free/nut-free bread)**
- grated Parmesan, asiago, or mozzarella cheese, optional **(for DAIRY ALLERGY sub dairy-free/nut-free shredded cheese, like Daiya)**

Rustic Rosemary Olive Oil Croutons

- 1 to 2 fresh rosemary sprigs
- 2 slices sourdough or whole wheat bread **(for GLUTEN ALLERGY use gluten-free/nut-free bread)**

- 3 T olive oil
- 1 garlic clove
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 to 2 tsp orange zest from 1 orange, optional

Oooh-La-La Orange Rosemary Spritzer

- 2 oranges, washed
- 3 C sparkling water
- 1/4 C sugar
- 1 fresh rosemary sprig
- 1 C ice

Food Allergen Substitutions

Italian Zucchini "Ribollita" Bread Soup

Tomato: For 1 14-oz can plum or diced tomatoes, substitute 1 3/4 C puréed red bell peppers or pumpkin purée.

Celiac/Gluten/Wheat/Soy: Check vegetable broth labels for possible allergens and, if necessary, use water only.

Legume: For 1 14-oz can white beans, substitute 1 14-oz can corn, drained.

Celiac/Gluten/Wheat: Use gluten-free/nut-free bread.

Dairy: Substitute dairy-free/nut-free grated or shredded cheese, like Daiya brand.

Rustic Rosemary Olive Oil Croutons

Gluten/Wheat: Use gluten-free/nut-free bread.

Oooh-La-La Orange Rosemary Spritzer

Instructions

Italian Zucchini "Ribollita" Bread Soup

Soups and stews are some of the oldest dishes. They have a history dating back to 20,000 BCE. Soup is a globally popular dish with a wide array of variations and can be either hot or cold.

pinch + chop + blend

Pinch off the leaves of **1 rosemary sprig**, then pinch leaves into teeny tiny bits. Chop **1/2 onion** into rustic pieces. Next, add the rosemary bits and chopped onion to a blender with **1 can of tomatoes, 2 garlic cloves, 2 tablespoons olive oil, 2 teaspoons sugar**, and **1 teaspoon salt** and blend until smooth!

grate + sauté

Grate **1 carrot** or chop it into very tiny bits. Add **2 tablespoons of olive oil** to a skillet and sauté the carrots for about 3 minutes. Add the tomato sauce and bring to a boil. Let simmer for 5 to 10 minutes.

bite sized movement break

Alternate Surprise Ingredient Name: If kid chefs could rename this week's surprise ingredient, what would they name it? See how many wacky, creative names they come up with!

chop + tear + simmer

Chop or grate **2 zucchini** into tiny, tiny bits! Then tear **1 cup of spinach** into small rustic bits and tear **2 slices of bread** into rustic 1-inch pieces. Add the **torn bread** to the skillet, stir, and continue to simmer.

drain + add + boil

Next, drain **1 can of white beans** and add them to the skillet. Also add the **diced or grated zucchini** and **2 1/2 cups of veggie broth** to your skillet and bring to a boil again. Boil for 5 minutes or until the zucchini is soft.

add + stir

Add the **torn spinach** to the soup. Stir it all together until the spinach is wilted. Cook for at least 1 minute.

taste + top

Taste, add more salt or sugar, and dish up! Top each bowl with 2 to 3 **Rustic Rosemary Olive Oil Croutons**, a drizzle of **olive oil**, a sprinkle of **grated cheese** if using, and "Mangiamo!" or "Let's eat" in Italian!

Rustic Rosemary Olive Oil Croutons

pinch + tear

Pinch the leaves from **1 to 2 rosemary sprigs**. Discard the stems and pinch the leaves into tiny bits. Tear **2 slices of bread** into rustic 1-inch pieces. Add bread to a mixing bowl.

drizzle + toss + toast

Drizzle **3 tablespoons of olive oil** over the bread. Add **1 garlic clove, 1/2 teaspoon salt, 1/4 teaspoon black pepper**, and **1 to 2 teaspoons orange zest** if using. Next, add the bits of rosemary leaves. Toss the bread until it's evenly coated. Then heat a skillet and toast the bread until it's crispy and golden brown. Discard the garlic clove, then top salads or soups, like **Italian Zucchini "Ribollita" Bread Soup** with a few croutons, and enjoy!

Oooh-La-La Orange Rosemary Spritzer

slice + squeeze

Slice **2 oranges** into quarters, then squeeze their juice into a pitcher.

scrumptious science

Steeping is when you allow tea or other flavorful ingredients to soak in liquid and transfer their flavor to the liquid. Steeping tea can be a quick process when you use boiling water.

measure + steep + pour

Measure **1 cup of sparkling water** and pour into the pitcher. Add **1/4 cup of sugar** and **1 rosemary sprig** and stir until sugar dissolves. Let sit for 10 minutes so that the rosemary can steep. Then add **1 cup of ice** and another **2 cups of sparkling water**. Stir again, then pour into glasses. "Salute" (sah-LOO-teh) or "Cheers" in Italian!

Featured Ingredient: Rosemary!

Hi! I'm Rosemary!

"I'm a fragrant herb with needle-like leaves. I can have blue, pink, purple, or white flowers in the spring and I'm very pretty in gardens. I'm also easy to grow, and garden pests don't care for me too much. My leaves add wonderful flavor to your recipes! You can use them dried or fresh, in breads, roast vegetables or meats, soups, and more, and I taste great in drinks like lemonade. Once you've met me, you'll definitely recognize me from then on!"

History

Rosemary is an herb commonly used to flavor foods.

The Romans brought rosemary to England in the eighth century. This herb originally came from the Mediterranean region—the sea cliffs of Italy, France, Greece, and Spain. Ancient Greeks and Romans used rosemary for medicine and cooking!

The ancient Greeks believed that rosemary was a magical plant that could improve their memory!

Rosemary was a token of love and loyalty. During the English Tudor era, rosemary represented fidelity, and brides would traditionally give sprigs of it to the bridegroom. In some places, rosemary sprigs are still used in the wedding ceremony or reception.

In the 16th century, rosemary was often burned in hospitals as a disinfectant to kill germs.

Anatomy & Etymology

Rosemary is part of the mint family, which includes basil, lavender, oregano, and many other herbs. Rosemary looks like a tree you've probably seen before! What does it look like? Smell like? Feel like? An evergreen? Rosemary IS an evergreen shrub!
A rosemary plant can easily grow to five feet tall!
Rosemary leaves are the edible part of the plant!
The word "rosemary" came from the Latin word "ros marinus," meaning "mist or dew of the sea."

How to Pick, Buy, & Eat

A rosemary plant will grow year after year once it's planted. It can grow in the wild, in the garden, or indoors!
Rosemary can be used fresh or dried. It adds a woody, herbal flavor to foods.
Rosemary is best when cooked a little before eating it, while other herbs are better when fresh. You can add rosemary to eggs, salad dressings, cakes, drinks, soups, stews, muffins, and other baked goods.

Nutrition

In ancient times, people used rosemary as an herbal medicine for stomach aches, toothaches, headaches, and even to prevent balding!
Rosemary was also sometimes known as the "herb of memory." The leaves were supposed to quicken the mind and prevent forgetfulness. Students would wear sprigs of rosemary in their hair while taking exams!
Recent studies find that rosemary may offer a slight improvement in memory.
Rosemary does not have a ton of vitamins and minerals compared to vegetables, meat, and fruit, BUT it adds so much flavor and aroma to dishes that it's worth adding.