



Italian Zucchini "Ribollita" Bread Soup

By Erin Fletter

Prep Time 15 / **Cook Time** 15 / **Serves** 4 - 6

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.

Equipment

- Skillet
- Blender (or food processor)
- Cutting board
- Kid-safe knife
- Can opener
- Measuring spoons
- Grater
- Liquid measuring cup
- Colander or strainer

Ingredients

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- 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)**

Food Allergen Substitutions

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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.

Instructions

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edible education

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!

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.