

# **Tuscan Carrot Top and Rice Soup**

Submitted by: Jackie Tanaka, Master Gardener at

Cook County Master Gardener Program, University of Illinois Extension.

## Ingredients:

3 T. Extra Virgin Olive Oil  
1 medium Onion, minced  
3 small Carrots, diced  
1 stalk Celery, diced  
3 cloves Garlic, minced  
½ tsp. Salt  
½ tsp. Freshly ground Black Pepper  
6 C. Vegetable Broth  
½ C. Short Grain Rice  
1 ½ C. Chopped Carrot Tops  
4 T. Fresh Grated Parmigiano-reggiano

1. Heat the oil in a large, heavy-gauge soup pot. Saute the onion, carrots, celery and garlic for 5 minutes over low heat until translucent. Add the salt and pepper, pour in the broth, and bring to a boil.
2. Add the rice to the broth and cook for 15 minutes or until the rice is almost tender. Add the carrot tops and cook for 5 more minutes, mixing well.
3. Pour the soup into bowls, sprinkle with cheese, and serve.

There's a Tuscan Italian saying 'Non si tira via niente'—nothing gets thrown away – and it applies to this simple soup recipe. Carrot tops almost always get tossed but they have a sweet earthy flavor.

\*To economize, you can simply use water instead of buying vegetable broth. I don't think it will detract much from the taste. Most vegetable broths contain carrots, celery and onions which are basic ingredients of this soup.

\*Parmesan cheese is a bit pricey so it could be left out without detracting from the good flavor of this soup.