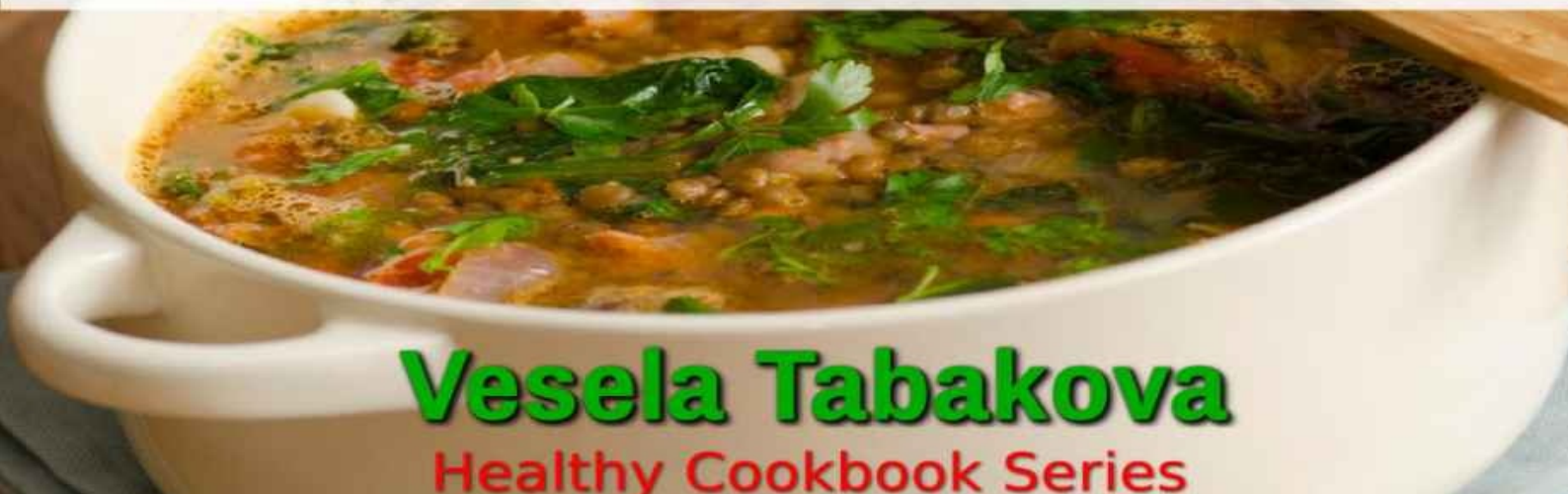




Incredibly Delicious
Bundle



Soup, Salad and Casserole
Recipes from the
Mediterranean Region



Vesela Tabakova
Healthy Cookbook Series

Incredibly Delicious Soup Recipes from the Mediterranean Region

by Vesela Tabakova

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Introduction

A tasty bowl of soup fills you up, reduces cravings, keeps you energized for hours, and is one of the best diet-friendly meals. Preparing your own soup at home is even better because you can choose what ingredients you put in and that way control sodium and calorie intake.

Mediterranean way of cooking is healthy home cooking. You can always improvise, invent, vary recipes, and substitute one ingredient for another. What you need to prepare Mediterranean soups are vegetables, legumes and spices that you usually have in your kitchen along with some lean meat or fish. Other ingredients are easily found in every vegetable market.

In the Mediterranean countries, soup preparation always starts with aromatic vegetables such as garlic, onions, carrots and celery gently sautéed in olive oil. Vegetable broth or water is then added, followed by herbs and spices, and your choice of grains, beans, pasta, vegetables, or some lean meat or fish. The ingredients which need the shortest cooking time are added last.

My family and I adore soup and prepare one every day. These are our favorite recipes, and I hope you will enjoy them as much as we do!

Bean, Chicken and Sausage Soup

Serves 6-7

Ingredients:

12 oz Italian sausage

3 bacon strips, diced

2 cups chicken, cooked and cut in small pieces

1 cup kidney beans, rinsed and drained

1 big onion, chopped

2 garlic cloves, crushed

4 cups water

1 cup canned tomatoes, diced, undrained

1 bay leaf

1 tsp dried thyme

1 tsp savory

½ tsp dried basil

salt and pepper, to taste

Cook the sausage, onion and bacon over medium heat until sausage is no longer pink. Drain off the fat. Add the garlic and cook for a minute. Add the water, tomatoes and seasonings and bring to a boil. Cover, reduce heat and simmer for 30 minutes. Add the chicken and beans. Simmer for 5 minutes. Serve warm.

Bulgarian Chicken Soup

Serves 7-8

Ingredients:

1 whole chicken, cut into sections

1 large onion, whole

1 large onion, chopped

3 garlic cloves, chopped

2 carrots, chopped

1 red pepper

1 tsp thyme

2 bay leaves

2 tbsp olive oil

1 tsp salt

black pepper to taste

1 tbsp fresh oregano, chopped

1 tsp summer savory

Place the chicken, bay leaves, salt, whole onion and whole red pepper into a pot with 5 cups of cold water. Bring the pot to boil, reduce heat and simmer for 1 hour, scooping out any solid foam that settles at the top. When ready, strain the broth and reserve. Remove the meat from the chicken and cut into large chunks. Discard the bay leaves, the onion and the pepper. Place the pot back on the stove, sauté the other onion, garlic, carrots and thyme for about 5 minutes. Pour in the broth and season with salt and pepper. Simmer for about 20 minutes or until the vegetables are tender. Add in the chicken pieces, the savory and the oregano. Simmer for 10 more minutes and serve warm.

Greek Lemon Chicken Soup

Serves 4-5

Ingredients:

1 lb uncooked boneless, skinless chicken breast, diced

1/3 cup rice

4 cups chicken broth

1 cup water

1 onion, finely diced

2 large raw eggs

3 tbsp olive oil

1/2 cup fresh lemon juice

1 tsp salt

1 tsp ground pepper

a bunch of fresh parsley for garnish, finely cut

In a medium pot, heat the olive oil and sauté the onions until they are soft and translucent. Add the chicken broth and water, along with the washed rice and bring everything to boil, then reduce heat. When the rice is almost done, add the diced chicken breast to the pot. Let it cook for another 5 minutes or until the chicken is cooked through.

In a small bowl, beat the eggs and lemon juice together. Pour two cups of broth slowly into the egg mixture, whisking constantly. When all the broth is incorporated, add this mixture into the pot of chicken soup and stir well to blend. Do not boil any more. Season with salt and pepper and garnish with parsley. Serve hot.

Mediterranean Chicken Soup

Serves 6-8

Ingredients:

about 1.5 lb chicken breasts

3-4 carrots, chopped

1 celery rib, chopped

1 red onion, chopped

1/3 cup rice

6 cups water

10 black olives, pitted and halved

fresh parsley or coriander, to serve

1/2 tsp salt

ground black pepper, to taste

lemon juice, to serve

Place chicken breasts in a soup pot. Add onion, carrots, celery, salt, pepper and water. Stir well and bring to a boil. Add rice and olives, stir and reduce heat. Simmer for 30-40 minutes.

Remove chicken from the pot and let it cool slightly. Shred it and return it back to the pot. Serve soup with lemon juice and sprinkled with fresh parsley or coriander.

Turkish Chicken Soup

Serves 6

Ingredients:

about 1.5 lb chicken breasts

4 tbsp butter

3 tbsp flour

3 cups of milk

4 cups water

1 tsp paprika

salt and ground black pepper to taste

Boil the chicken breasts in 4 cups of water for 30 minutes or until cooked through. Remove chicken from the soup pot and leave it in a plate to cool. When cool enough shred and leave it aside.

Melt one tablespoon of butter with three tablespoons of flour in a small pan. Mix flour and butter well and cook until the mixture begins to brown, then remove from heat.

Bring the chicken broth to a boil. Strain the flour and butter mixture in a strainer and stir into the soup. Add the shredded chicken and 3-4 cups of milk (depending on how thick you want the soup). Bring to the boil again and simmer for 5 minutes. Remove from heat.

In another pan melt three tablespoons of butter. Add in paprika and a teaspoon of dried mint and fry for a minute. Pour butter mixture over the soup and serve hot.

Moroccan Chicken and Butternut Squash Soup

Serves 7-8

Ingredients:

3 skinless, boneless chicken thighs (about 14 oz), cut into bite-sized pieces

1 big onion, chopped

1 zucchini, quartered lengthwise and sliced into 1/2 inch pieces

3 cups peeled butternut squash, cut in 1/2 inch pieces

2 tbsp tomato paste

4 cups chicken broth

1/3 cup uncooked couscous

1/2 tsp ground cumin

1/4 teaspoon ground cinnamon

1 tsp paprika

1 tsp salt

2 tbsp fresh basil leaves, chopped

1 tbsp grated orange rind

3 tbsp olive oil

Heat a soup pot over medium heat. Gently sauté onion, for 3-4 minutes, stirring occasionally. Add chicken pieces and cook for 4 minutes until chicken is brown on all sides. Add cumin, cinnamon and paprika and stir well. Add butternut squash and tomato paste; stir again. Add chicken broth and bring to a boil, then reduce heat and simmer for 10 minutes. Stir in couscous, salt and zucchini pieces; cook until squash is tender. Remove pot from heat. Season with salt and pepper to taste. Stir in chopped basil and orange rind and serve.

Chicken Soup with Vermicelli

Serves 4

Ingredients:

1 whole chicken leg or 1/2 lb chicken breast

1/2 cup vermicelli

1 carrot, grated

4 cups water

3 cloves of garlic, sliced

1 tsp salt

1/2 tsp black pepper

1 egg, beaten

2 tbsp lemon juice

Place the chicken in a pot and add 4 cups of water. Add 1 tsp salt and boil until the chicken is cooked. Take the chicken out of the pot, let it cool a little and cut it into bite size pieces.

Add carrot and garlic to the soup and bring it to a boil. Add vermicelli and chicken pieces. Reduce heat and simmer over medium heat for 8-10 minutes. When ready, let it cool for a while.

Mix the beaten egg and lemon juice in a bowl and slowly stir into the soup. Do not boil it again. Serve soup warm, seasoned with black pepper to taste.

Beef and Vegetable Minestrone

Serves 7-8

Ingredients:

2 slices bacon, chopped
1 cup lean ground beef
2 carrots, chopped
2 cloves garlic, finely chopped
1 large onion, chopped
1 celery rib, chopped
1 bay leaf
1 tsp dried basil
1 tsp dried rosemary, crushed
1/4 tsp crushed chillies
1 cup canned tomatoes, chopped
4 cups beef broth
1 cup canned chickpeas, drained
1/2 cup small pasta

In a large saucepan, cook bacon and ground beef until well done, breaking up the beef as it cooks. Drain off the fat and add carrots, garlic, onion and celery. Cook for about 5 minutes, or until the onions are translucent. Season with the bay leaf, basil, rosemary and crushed chillies. Stir in tomatoes and beef broth. Bring to a boil then reduce heat and simmer for about 20 minutes. Add the chickpeas and pasta. Cook uncovered, for about 10 minutes, or until the pasta is ready.

Italian Wedding Soup

Serves 4-5

Ingredients:

1 lb lean ground beef
1/3 cup breadcrumbs
1 egg, lightly beaten
1 onion, grated
2 carrots, chopped
1 small head escarole, trimmed and cut into 1/2 inch strips
1 cup baby spinach leaves
1 cup small pasta
2 tbsp Parmesan cheese, grated
2 tbsp parsley, finely cut
1 tsp salt
1 tsp ground black pepper
3 tbsp olive oil
3 cups chicken broth
3 cups water
1 tsp dried oregano

Combine ground beef, egg, onion, breadcrumbs, cheese, parsley, 1/2 teaspoon of the salt and 1/2 teaspoon of the black pepper. Mix well with hands. Using a tablespoon, make walnut sized meatballs. Heat olive oil in a large skillet and brown meatballs in batches. Place aside on a plate.

In a large soup pot boil broth and water together with carrots, oregano, and the remaining salt and pepper. Gently add meatballs. Reduce heat and simmer for 30 minutes. Add pasta, spinach and escarole and simmer 10 minutes more.

Lentil and Ground Beef Soup

Serves 6

Ingredients:

1 lb ground beef
1 cup brown lentils
2 carrots, chopped
2 onions, chopped
1 potato, cut into 1/2 inch cubes
4 garlic cloves, chopped
2 tomatoes, grated or pureed
5 cups water
1 tsp summer savory
1 tsp oregano
1 tsp paprika
2 tbsp olive oil
1 tsp salt
ground black pepper, to taste

Heat olive oil in a large soup pot. Brown beef, breaking it up with a spoon. Add paprika and garlic and stir. Add lentils, remaining vegetables, water and spice. Bring to a boil. Reduce heat to low and simmer, covered, for about an hour, or until lentils are tender. Stir occasionally.

Italian Meatball Soup

Serves 6-7

Ingredients:

1 lb lean ground beef
1 small onion, grated
1 onion, chopped
2 garlic cloves, crushed
½ cup breadcrumbs
3-4 basil leaves, finely chopped
1/3 cup Parmesan cheese, grated
1 egg, lightly beaten
2 cups tomato sauce with basil
3 cups water
½ cup small pasta
1 zucchini, diced
½ cup green beans, trimmed, cut into thirds
2 tbsp olive oil

Combine ground meat, grated onion, garlic, breadcrumbs, basil, Parmesan and egg in a large bowl. Season with salt and pepper. Mix well with hands and roll tablespoonfuls of the mixture into balls. Place on a large plate. Heat olive oil into a large deep saucepan and sauté onion and garlic until transparent. Add tomato sauce, water, and bring to the boil over high heat. Add meatballs. Reduce heat to medium-low and simmer, uncovered, for 10 minutes. Add pasta and cook for 5 more minutes. Add the zucchini and beans. Cook until pasta and vegetables are tender. Serve sprinkled with Parmesan.

Bulgarian Meatball Soup

Serves 7-8

Ingredients:

- 1 lb lean ground beef
- 3-4 tbsp flour
- 1 onion, chopped
- 2 garlic cloves, cut
- 1 tomato, diced
- 2 potatoes, diced
- 1 green pepper, chopped
- 4 cups water
- 5.5 oz vermicelli, broken into pieces
- ½ bunch of parsley, finely cut
- 3 tbsp olive oil
- ½ tsp black pepper
- 1 tsp summer savory
- 1 tsp paprika
- 1 tsp salt

Combine ground meat, savory, paprika, black pepper and salt in a large bowl. Mix well with hands and roll teaspoonfuls of the mixture into balls. Put flour in a small bowl and roll each meatball in the flour, coating entire surface then set aside on a large plate. Heat olive oil into a large soup pot and sauté onion and garlic until transparent. Add water and bring to the boil over high heat. Add meatballs, carrot, green pepper and potatoes. Reduce heat to low and simmer, uncovered, for 15 minutes. Add tomato, parsley and vermicelli and cook for 5 more minutes. Serve with a dollop of yogurt on top.

Easy Fish Soup

Serves 6-7

Ingredients:

1 lb white fish fillets cut in small pieces

9 oz scallops

1 onion, chopped

4 tomatoes, chopped

3 potatoes, diced

1 red pepper, chopped

2 carrots, diced

1 garlic clove, crushed

a bunch of fresh parsley

3 tbsp olive oil

a pinch of cayenne pepper

1 tsp dried oregano

1 tsp dried thyme

1 tsp dried dill

½ tsp pepper

½ cup white wine

4 cups water

1/3 cup heavy cream

Heat the olive oil over medium heat and sauté the onion, red pepper, garlic and carrots until tender. Stir in the cayenne, herbs, salt, and pepper. Add the white wine, water, potatoes and tomatoes and bring to a boil. Reduce heat, cover, and cook until the potatoes are almost done. Stir in the fish and the scallops and cook for another 10 minutes. Stir in the heavy cream and parsley and serve hot.

Spanish Seafood Soup

Serves 8-9

Ingredients:

2 lb whole raw prawns
3 cups cold water
3 spring onions, chopped
1 bell pepper, finely chopped
2 large tomatoes, diced
1 tbsp tomato puree
2 garlic cloves, ground
2 tbsp olive oil
2 bay leaves
1 tsp paprika
½ tsp cayenne pepper
salt and pepper, to taste
the juice of one small lemon
a bunch of parsley, chopped

De-head and de-shell the prawns and leave them in a bowl to the side. Put the heads and shells in a pan with cold water. Add the bay leaves, bring to the boil and reduce heat. Simmer for 20 minutes. While the broth is simmering sauté the shallots and pepper in olive oil for 5 minutes, then add the garlic for two more minutes. When the broth is ready strain it and add it to the shallots. Bring to the boil, add the tomatoes and tomato puree, the prawns, the mussels and simmer for 10 more minutes. In the end add the paprika and cayenne pepper, season to taste with salt and pepper and add the lemon juice. Garnish with parsley and serve.

Hot Spanish Squid Soup

Serves 4

Ingredients:

1 lb squid, cleaned and cut into 1 inch pieces

2 garlic cloves; crushed

1/2 cup tomato puree or chopped tomatoes

3 cups water

1 tbsp olive oil

black pepper, to taste

1/2 cup parsley, finely chopped, to serve

Heat olive oil in a soup pot over medium high heat and gently sauté garlic just for a minute. Add squid and sauté for 2-3 minutes, stirring. Add black pepper, tomato sauce or tomatoes and water. Bring to a boil, then reduce heat and simmer for an hour. Serve sprinkled with parsley.

Italian Minestrone

Serves 6-7

Ingredients:

1 cup cabbage, chopped
2 carrots, chopped
1 celery rib, thinly sliced
1 small onion, chopped
2 garlic cloves, chopped
1 tbsp olive oil
5 cups water
1 cup canned tomatoes, diced, undrained
1 beef bouillon cube
1 cup fresh spinach, torn
½ cup pasta, cooked
black pepper and salt, to taste

Sauté carrots, cabbage, celery, onion and garlic in oil for 5 minutes in a deep saucepan. Add water, tomatoes and bouillon and bring to a boil. Reduce heat and simmer uncovered, for 20 minutes or until vegetables are tender. Stir in spinach, macaroni and season with pepper and salt to taste.

Bean and Pasta Soup

Serves 6-7

Ingredients:

1 cup small pasta, cooked
1 cup canned white kidney beans, rinsed and drained
2 medium carrots, thinly sliced
1 cup fresh spinach, torn
1 medium onion, chopped
1 celery rib, thinly sliced
2 garlic cloves, crushed
3 cups water
1 cup canned tomatoes, diced and undrained
1 cup vegetable broth
½ tsp dried rosemary
½ tsp dried basil
2 tbsp olive oil
salt and pepper, to taste

Heat the olive oil over medium heat and sauté the onion, carrots and celery. Add the garlic and cook for a minute longer. Stir in the water, tomatoes, vegetable broth, basil, rosemary, salt and pepper. Bring to a boil then reduce heat and simmer for 10 minutes, or until the carrots are tender. Drain pasta and add it to the vegetables. Add the beans and spinach and cook until spinach is wilted.

Creamy Artichoke Soup

Serves 6-7

Ingredients:

1 cup canned artichoke hearts, drained

2 cups chicken broth

2 tbsp lemon juice

1 small onion, finely cut

2 cloves garlic, crushed

3 tbsp olive oil

2 tbsp plain flour

½ cup heavy cream

Gently sauté onion and garlic in some olive oil. Add the flour, whisking constantly and then the chicken broth slowly while still whisking. Cook for about 5 minutes. Blend the artichoke, lemon juice, salt and pepper until smooth. Add the puree to the broth mix, stir well and then stir in the cream. Cook until heated through. Garnish with a swirl of cream or a sliver of artichoke.

Tomato Soup

Serves 4

Ingredients:

4 cups chopped fresh tomatoes or 2 cups canned tomatoes

1 large onion, diced

1/2 cup vermicelli

3 cups water

4 garlic cloves, ground meatd

3 tbsp olive oil

1 tsp salt

1/2 tsp black pepper

1 tsp sugar

1/2 bunch fresh parsley

Sauté onions and garlic in oil in a large soup pot. When onions have softened, add tomatoes and cook until onions are golden and tomatoes soft. Stir in the spices and mix well to coat vegetables. Blend the soup then return to the pot. Add the water, vermicelli and a teaspoon of sugar and bring to boil, then simmer 20-30 minutes stirring occasionally. Sprinkle with parsley and serve.

Spicy Carrot Soup

Serves 5-6

Ingredients:

10 carrots, peeled and chopped

2 medium onions, chopped

4 cups water

5 tbsp olive oil

2 cloves garlic, ground meatd

1 big red chili pepper, finely chopped

½ bunch, fresh coriander, finely cut

salt and pepper to taste

½ cup heavy cream

Heat the olive oil in a large pot over medium heat, and sauté the onions, carrots, garlic and chili pepper until tender. Add 3 cups of water and bring to a boil. Reduce heat to low and simmer 30 minutes. Transfer the soup to a blender or food processor and blend until smooth. Return to the pot and continue cooking for a few more minutes. Remove soup from heat and stir in the cream. Serve with coriander sprinkled over each serving.

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