

Soup Recipes from the Tubby Olive

We've hand-selected these Tubby Olive recipes for you to enjoy!

Joe's Winter Butternut Squash Soup

2 T Tubby Olive Honey Ginger Balsamic

Drizzle of your favorite **Tubby Olive Oil** plus some for sautéing

1/2 c chopped onion

1/4 t ground ginger

1 1/2 c chicken stock

1 c coconut milk

20 oz pkg. fresh cubed butternut squash

Salt & pepper to taste

Sauté onion in oil over medium heat in 2 qt soup pot. Add butternut squash, sauté for 8 minutes until softened. Add ground ginger and **Honey Ginger Balsamic** to deglaze. Sauté 2-3 minutes on medium heat until browned. Add chicken stock and coconut milk. Cook on medium heat for 10 minutes until squash is fully cooked. Season with S & P. Put all ingredients in food processor; process on high for 2 minutes. Finish by drizzling your favorite **Tubby Olive** oil on top.

**Try drizzling with Persian Lime, Blood Orange, or Roasted Walnut Oil*

Recipe courtesy of Chef Joe Urban

Oregano Balsamic Potato Soup

2 lbs. Organic Golden Potatoes

1 T Organic garlic powder

2 large Organic sweet onions

1.5 cups Organic vegetable broth

1/4 t Organic curry powder

1 cup Almond milk

1/2 t **Tubby Olive Oregano or White Balsamic**

2 T + 1 t **Tubby Olive Herbs de Provence Oil**

Salt & pepper to taste

Roughly chop potatoes and onions and spread on a lined baking sheet. Drizzle with 2 T Herbs de Provence Olive Oil and lightly dust with the curry powder. Roast at 425°F for 45 minutes until soft and caramelized. Toss potatoes and onion after first 20 minutes and check to prevent burning. Take roasted vegetables out of the oven and place in a large stockpot on medium high heat. Add 1.5 cups of vegetable stock. With an immersion blender (or in batches in a food processor), puree the vegetable mixture and broth until smooth. Heat soup through until hot. Turn off heat and add 1 cup of almond milk. Stir and blend well. Season with salt, pepper, and garlic powder to taste. Drizzle each serving with 1 tsp. of Herbs de Provence Oil and 1/2 tsp. Oregano Balsamic.

Recipe courtesy of Julie A Cerrato, PhD, www.vedahealth.net

Harissa Ginger Carrot Soup

2 lbs organic carrots

1/2" piece of Organic ginger

1/2 t organic curry powder

1 t organic garlic powder

2 t **Tubby Olive Sicilian Lemon Balsamic**

2 T+ 4 t **Tubby Olive Harissa Oil**

1 large organic sweet onion

1/2 cup organic vegetable broth

1 cup almond milk

Salt & pepper to taste

Roughly chop carrots and onion and spread on lined baking sheet. Drizzle with 2 T of Harissa Olive Oil and lightly dust with curry powder. Roast at 400°F for 40 minutes until soft and caramelized. Turn carrots over after first 20 minutes and check to prevent burning. Put roasted vegetables in soup pot on medium heat and add 1 cup of almond milk. Blend the carrots, onion, and milk with an immersion blender, or in batches in a food processor, until smooth. Grate ginger piece and add it to the soup. Heat soup until hot. Turn off the heat and add 1/2 cup vegetable broth. Stir and blend well. The soup will be thick. Add more broth for a thinner consistency. Season with salt, pepper, and garlic powder. Drizzle each serving with 1 tsp. Harissa oil and 1/2 tsp. of Sicilian Lemon Balsamic .

Julie A. Cerrato PhD, www.vedahealth.net

Hatch Chile Chicken Tortilla Soup

5 cups chicken broth
½ pound boneless skinless chicken breast (chopped in small pieces)
1 14oz.can petite diced tomatoes with juice
*½ jar **Hatch Chile Pesto**
Salt and black pepper to taste
1-2 cups tortilla chips (broken)
1 c finely shredded cheddar cheese
½ c sour cream (optional)
**Sold at the Tubby Olive*

Place first four ingredients in a 3 quart saucepan. Bring to a boil, then turn down the heat to a simmer and cook until chicken is done (8-10 minutes). Adjust salt and pepper, if necessary. Spoon soup into deep bowls and garnish with broken tortilla chips, shredded cheddar cheese and a swirl of sour cream, if desired. Makes 4 servings.

Butternut Squash Soup with Pears

1 leek (white and light green parts only)
2 T **Tubby Olive Extra Virgin Olive Oil**
2 butternut squash, seeds removed & cut into large chunks
1 t cinnamon
1 lime or lemon, juiced
1/2 t nutmeg, freshly ground
1 T sage leaves
2 dashes cayenne pepper (or to taste)
1 t salt
1 t ginger, ground or 1-inch fresh, grated
2 T maple syrup
2 pears, peeled and cut into large chunks
1 t **Tubby Olive Extra Virgin Olive Oil**
2-3 T **Tubby Olive Cinnamon Pear Balsamic**

Heat oil in a large pot. Add leek and sauté until transparent. Add the butternut squash pieces, cover with water. Add the salt, cinnamon, ginger, nutmeg, sage leaves and cayenne. Bring to a boil and cook until the squash is soft. Puree in food processor. Add the maple syrup & lime juice. Add water to thin as needed. To prepare the pears, heat the oil in a small frying pan. Peel and cut the pears and add to the hot oil. Lightly saute the pears, drizzling the Cinnamon Pear Balsamic over the top of the pears. Float pears on top of soup when ready to serve.

Chorizo & White Bean Soup

2 T Tubby Olive Garlic Olive oil

- *2 whole links chorizo sausage, chopped into 1" pieces
- 1 red pepper, diced
- 1 carrot, thinly sliced
- 2 (14 oz) cans fat-free low sodium chicken broth
- 1 (6 oz) package baby spinach
- 1 (15 or 16 oz) can navy beans, rinsed and drained (or cannellini beans)
- 1/4 c grated parmesan cheese

Heat large nonstick saucepan over medium-high heat. Add Garlic Olive Oil to pan and heat. Add sausage, pepper, and carrot; sauté 5 min or until sausage is browned. Add broth and bring to a boil, reduce heat, and simmer 10 min or until vegetables are tender. Add spinach, and stir until wilted; add beans, and cook for 5 min or until thoroughly heated. Ladle soup into bowls and top with 1 T cheese.

**Alternative: turkey or chicken sausage*

Gazpacho Soup

- 1-1/2 lbs tomatoes
- 1 green pepper, seeded and quartered
- 4 c V-8 or organic veggie juice
- 2 sprigs parsley
- 3 cloves garlic
- 4 T chopped fresh basil
- 1/2 jalapeno pepper minced
- 2 T **Tubby Olive Sicilian Lemon Balsamic Vinegar**
- 1 onion
- salt & pepper to taste
- 1 carrot
- Tubby Olive Cilantro & Onion Olive Oil** for garnish
- 1 small cucumber cilantro for additional garnish

Combine all ingredients, except V-8, in a blender or food processor. Lightly pulse, but leave some nice chunks. Adjust seasonings to taste. Serve hot or cold. Drizzle the olive oil on top and sprinkle with a bit of chopped fresh cilantro.

**Recipe courtesy of Chef Betsy Hunt*

Creamy Rosemary Wild Rice Soup

1 T Tubby Olive Herbs de Provence Oil

- 1 large carrot, peeled and diced
- 8 oz boneless, skinless chicken breast cubed
- 1 large parsnip, peeled and diced
- 1 medium onion, diced
- 3 T minced fresh rosemary
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 1 qt low sodium chicken broth
- 1/2 c wild rice
- 2 T flour
- 2 c fat-free half-and-half

In a large saucepan over medium-high, heat the olive oil. Add the cubed chicken breast and sear until browned, 4-5 minutes is sufficient. Add the onion, garlic, celery, carrot and parsnip, then cook until browned, 3-4 minutes. Add the rosemary, chicken broth and wild rice. Bring to a simmer and cover. Cook for 45 minutes, until rice is tender. Add flour and cook, stirring constantly until thickened. Add half-and-half, but do not boil or half-and-half will separate. Season with salt and pepper.

Tomato Balsamic Soup

1 T Tubby Olive Extra Virgin Olive Oil

1 yellow onion, diced

3 cloves garlic, minced

2 (28 oz.) cans whole tomatoes w/juice (or diced tomatoes to avoid blender)

1/2 t kosher salt

1/4 t black pepper

1 bay leaf

1 T brown sugar

2 c low sodium chicken broth

3-4 T Tubby Olive 18-year Traditional Balsamic

Chives or cilantro for topping (optional)

Heat olive oil in large pot over medium high heat. Add diced onion and sauté until softened. Add minced garlic and cook for a minute. Add salt, pepper and 2 cans whole tomatoes. Use potato masher to mash tomatoes until they are broken up. Add in bay leaf, brown sugar and chicken broth and bring mixture to boil. Once soup is boiling, reduce heat to medium low and simmer for 10-15 minutes. Remove soup from heat and cool slightly. Pour half into a blender or food processor until smooth. Make sure lid is on securely before processing. Continue until all is processed. Return soup to pot and stir in balsamic. Bring soup to simmer and cook for several minutes. Serve in bowls—drizzle with balsamic on top and top with chives or cilantro, or grated cheese if desired.

Roasted Red Pepper Soup

5 halved red peppers, seeds & pith removed

4 cloves garlic

Tubby Olive Traditional Olive Oil*

2 medium onions, peeled & chopped

3 tomatoes, peeled, or 1- 14oz. can crushed tomatoes

1 c vegetable or chicken stock

Pepper, freshly ground

Basil leaves or fresh chives for garnish

Roast red peppers until charred and blistered. Cool peppers in a paper bag or in a bowl sealed with plastic wrap. In the meantime, put a splash of olive oil into a heavy bottom pot over a medium flame. Add the garlic and onions and sauté for a few minutes until soft but not browned. Add tomatoes and stock and simmer on low heat while you prepare the peppers. Peel the skin off the peppers and add them to the pot. Season with pepper to taste. Remove from heat and blend until smooth. Serve immediately or place in the fridge to serve chilled.

**May substitute using Tuscan Herb Olive Oil, Garlic Olive Oil, or Basil Olive Oil
Recipe by Martine Bertin-Peterson, Gout et Voyage, LLC*

Butternut Squash Soup

3 lbs. butternut squash
Tubby Olive Roasted Walnut Oil
2 ½ c coarsely chopped onions
½ c coarsely chopped carrots
1 t chopped garlic
1-2 t fresh thyme
2 T minced fresh ginger
2 salt
½ t fresh ground pepper
¼ - 1/2 t red pepper flakes

1 ½ T butter
1 ½ T **Tubby Olive Traditional Oil**
½ c brandy
1 qt veggie stock
1/8-1/2 c **Tubby Olive Maple Balsamic**
¼ c orange juice
½ - 2 c water (if needed)

Cut squash length-ways, scoop out seeds, brush with **Roasted Walnut Oil** and roast in a 425°F oven for 45-60 minutes, or until caramelized and very soft. While squash is roasting, sauté chopped veggies, garlic, thyme, ginger, salt & pepper in butter and olive oil until veggies are soft, about 10 minutes. Add brandy, stock, and ½ c water, bring to a boil. Reduce heat, spoon squash into pot and simmer for 15 minutes. Let cool, puree with immersion blender or in batches in a blender. Add OJ, and **Maple Balsamic** and additional water if needed to taste. Finish with **Tubby Olive Roasted Walnut Oil**.

Recipe by Chef Lisa Shelby

Roasted Potato Leek Soup

2 pounds Yukon gold potatoes, peeled, and cut into ¾" chunks
4 c chopped leeks (4 leeks, cleaned; white/green parts)
¼ c **Tubby Olive Garlic Olive Oil**
Salt and pepper
3 c baby arugula, lightly packed
½ c dry white wine
6-7 c chicken stock (preferably homemade)
¾ c heavy cream (or fat-free half and half)
8 oz crème fraiche (or sour cream)
¼ c freshly grated Parmesan, plus extra for garnish (optional)

Directions: Preheat oven to 400°F. Combine potatoes and leeks on sheet pan in one layer. Add olive oil, 1 tsp. salt, and ½ tsp. pepper and toss to coat vegetables evenly. Roast 40-45 minutes, turning with spatula a few times until very tender. Add arugula and toss to combine. Roast 4-5 more minutes, until arugula is wilted. Remove pan from oven and place cooked vegetables in a pot. Stir in wine and 1 c stock. Cook over low heat, scraping up crispy bits. In batches, transfer vegetables to food processor, add pan liquid and about 5 c chicken stock to make a puree. Pour puree into large pot. Continue to puree vegetables in batches until done and combined in the large pot. Add enough of remaining 1-2 cups stock to make a thick soup. Add the cream, crème fraiche, 2 tsp. salt, and 1 tsp. pepper. Serve with parmesan, if desired. Yield 6-8 servings.

Based on Barefoot Contessa, Ina Garten

French Lentil Soup with Smoked Sausage

1 c French green lentils
1-2 T **Tubby Olive Garlic Olive Oil***
1 c diced yellow onion (1 large)
1 c chopped shallots (4 large)
3 large garlic cloves, minced
½ tsp. dried, or 1 ½ tsp. fresh thyme
1 ½ c diced carrots (4 large)
1 ½ c diced celery (4 stalks)

6 c vegetable or chicken stock
1 T tomato paste or ¼ C fire roasted tomatoes
½ lb. smoked sausage, cut into ½" pieces
1 T **Tubby Olive Neapolitan Balsamic**
½ t ground cumin
½ t kosher salt, to taste

Directions: Boil 2 cups of water in a small saucepan. While water heats, rinse and sort the lentils in a sieve. Cover the lentils with boiling water and allow to sit for 15 minutes. Drain. Place the chopped onions, shallots, and garlic in one bowl, and the carrots and celery in another. In a large stockpot over medium heat, heat the **Tubby Olive Oil of choice** the onions, shallots, garlic, salt, pepper, thyme, and cumin for 10-15 minutes, or until vegetables are translucent and tender. Add the celery and carrots and saute for another 10 minutes. Add the vegetable or chicken stock, tomatoes, and drained lentils. Cover and bring to a boil. Reduce the heat and simmer uncovered for 45 minutes to 1 hour, or until lentils are cooked tender. During last 15 minutes, add the cut-up smoked sausage to a skillet over low-medium heat. Cook for about 5-10 minutes until the sausage is slightly cooked. Drain on paper towels. Adjust seasonings and add the sausage and Neapolitan Herb Balsamic. Simmer until the sausage is hot and cooked completely.

Corn Bisque with Olive Oil

8 ears of super sweet corn (5-6 cups of corn)
3 shallots, thinly sliced
1 t fresh thyme leaves, woody stems discarded
1 large bay leaf
2 large garlic cloves, minced
2 qts chicken or vegetable stock
1 c heavy whipping cream (optional), or low-fat half and half
1 bunch chives, finely minced
1/4 cup + 2 T any Robust **Tubby Olive Extra Virgin Olive Oil**
Salt and pepper, to taste

Shuck corn, cut kernels off each ear reserving them and any liquid in a large bowl. Cut cobs in half and reserve. In an eight (or larger) quart stock pot, sauté 2/3 of the sliced shallots for 5 minutes or until slightly golden, in 1/4 cup of olive oil of your choice. Add garlic and thyme, and sauté for another minute, making sure that garlic does not brown. Add the stock, cut corn, and cut cobs to the pot. Simmer gently over low heat for 45 minutes. Meanwhile, sauté the remaining shallot in 1 T of olive oil until caramelized; reserve. At the end of the cooking process, remove the cobs and bay leaf and add cream or half and half. In a food processor or blender, process the entire contents of the pot in batches. Use caution as the liquid will be scalding hot. Strain through a fine mesh strainer discarding any corn particulate and adjust the seasoning with additional salt and pepper to taste. Ladle into bowls and serve immediately topped with minced chives, caramelized shallots, ground pepper, and a nice drizzle of peppery EVOO.