

Robin's Zucchini Arborio Soup

Zucchini and Arborio Rice Soup

1/4 c. extra virgin olive oil

1 onion, chopped

1 clove garlic, minced

1 1/2 lb zucchini (about 3 medium)
cut into 1/2 inch dice

1/4 tsp. grated nutmeg

2 tsp. salt

1/4 tsp. black pepper

1 1/2 c. (1 14.5oz. can) canned diced tomatoes

6 cup. vegetable stock or chicken

1 cup. arborio rice

3 TB chopped parsley

3 TB chopped fresh basil

Grated parmesan cheese, for serving

1. In a large pan, heat oil & sauté onion & garlic til softened, not brown

2. Add zucchini & season with salt, pepper, & nutmeg, sauté til barely tender

3. Add tomatoes, stock, rice, parsley, basil
Increase heat to boil, then simmer about 20 min