

Fennel Soup

Note that bulb Fennel looks like celery with a bulb at the end of it, and smells like licorice, and is found in many produce stores. It is cheapest though, if you grow your own. Fennel is easy to grow, but just takes a long season. Sometimes it is called Fennel, Bulb Fennel, Anise, Vegetable Anise, or Finnochio. It was a popular vegetable in the Middle Ages and Renaissance era.

This is a good hearty Italian Soup! Slice 2-3 onions thin and 1-2 bulbs of fennel thin, and saute in a bit of olive oil until clear and slightly browned. Add some orange zest (peel). Stir in some garlic, and stir over low heat for a few minutes.

Add 1c. of rice, stirring to coat, then pour in 2 qts or so of chicken stock. Add 2c or so of cooked or canned chickpeas, and 1 large can of diced tomatoes. Let this simmer until the flavors are blended. You can also add cooked chicken or turkey. I also sometimes (if I have it) cook some wild rice and then add that into the soup right before I serve it.