

Sprouts Zucchini Soup



 Serves 3

Ingredients

1 large potato
sprouts of zucchini (2 generous handfuls or more)
5-6 small zucchini with flower
1 hot chili
1 clove garlic
salt and olive oil

Method

Wash and clean the sprouts of zucchini, peel and dice the potato, put everything in a pot and cover with water, close with the lid and cook until the vegetables are soft, add salt and then fry in a pan 3 tablespoons of extra virgin olive oil with a clove of garlic and fresh chili sliced and seeded. Remove the pan from heat, remove the garlic and pour the oil in the soup, stirring cover with a lid and let stand until it is lukewarm. Serve in bowls with slices of homemade bread.