



3. Remove oil from tuna



4. Add tuna and a handful of rucola to the mushrooms

SALT PEPPER
OLIVE OIL GARLIC
VINEGAR

TUNA



5. Add salt, olive oil and vinegar
Done!





Put dried chickpeas in water 24 hours



Soffritto



Prepare vegetable broth 2 lites.

Fry for 10 min, low fire in olive oil



+ herbs



Rinse chickpeas



* add some broth after 5 min.



ZUPPA DI CECI

add 100g passata di pomodoro 1,5 liters of broth and cook for 2 hours adding broth when needed



Chickpea soup / *Zuppa di ceci*

Serves 4, ingredients:

- 500 g of dried chickpeas
- 4 tablespoons extra virgin olive oil
- 3 medium onions, shredded in food processor
- 3 carrots, shredded in food processor
- 3 stalks of celery, shredded in food processor
- 30 g thyme
- 1 bay leaf
- 2 litres of vegetable broth
- 100 g of passata di pomodoro

Soak the chickpeas in a bowl of water for 24 hours. Pour a good amount of olive oil into the casserole. Sauté the finely chopped onions, carrots, and stalks of celery in it. Add some thyme and the bay leaf. After 5 minutes, add a splash of broth. Let it cook for a total of 10 minutes. Then add the passata di pomodoro, 1 ½ litres of broth, and finally the rinsed chickpeas. Let it simmer for 2 hours and occasionally add some of the remaining broth.

