

Arugula and Garlic Soup

1 tbsp butter
1 stalk celery, chopped
½ potato, chopped
5 cloves garlic, chopped
¼ onion, chopped
1 bunch arugula
2 cups chicken stock
¼ tsp Italian seasoning
1 tsp salt
Ancho powder, for garnish



I love a good blender soup. What's a blender soup? A blender soup is any soup that gets finished by getting pureed in the blender. The instructions usually start with throwing a bunch of stuff in a pot, letting it simmer until cooked, then blended. When I don't know what to make for dinner, I make a blender soup. Fun fact: the Victorians would have called a soup like this, vegetables thickened with a starch, a puree. So that's a fun thing you know now.

This blender soup is slightly more complicated, since the arugula essentially just gets blanched in the broth before blending, instead of going in the pot at the beginning. You'll lose the gorgeous color of the greens if you cook the arugula too long. Eating this soup is kind of like drinking spring. It's peppery and garlicky and filling without being heavy.

I like to garnish with smokey ancho pepper powder, but Nigella seeds or a drizzle of thinned out sour cream and lemon zest would also be lovely. A poached egg floating in the soup would make it even more substantial, and perfect for lunch.

Melt the butter in a pot over medium heat. Add in the celery, potato, garlic, and onion. Sauté over medium heat until the onions are translucent. A little color is okay, but you don't want the onions to caramelize very much. If you notice your onions getting dark, add in a tablespoon or two of water and cover the pot. Once your onions are translucent, add in the chicken stock and seasoning, and cover the pot. Simmer until the potatoes are tender and nearly falling apart.

Once the potatoes are done, add in the chopped arugula and stir for a minute. The arugula will wilt but should not lose its color. Immediately blend until smooth. You may have to add a bit of water or cream or chicken stock to get your desired texture.

Serve hot, garnished with ancho powder, or your garnish of choice. This soup is also tasty served cold, with hot toast to dip.