

Creamy Salad Soup

A light soup, suitable - even cold - as a summer dish or appetizer. It can be prepared well from any "tired" salad scraps and / or spinach leaves that urgently need to be processed. The addition of (spring) onions and fresh (gladly also "tired") herbs such as parsley and basil provides for hearty and/or fresh aroma, which fits well to the slightly bitter salad note. However, the soup tastes good even without these additions. Tahina provides creaminess, which, by the way, works just as well with another nut butter.

Ingredients for 2 servings

1/2 or 1 small head of lettuce or 2-3 handfuls of leaf lettuce/ leaf spinach
1/2 onion or 1 small piece of leek or 1-2 spring onions (optional)
a few coarsely chopped stalks of parsley or some coarsely chopped fresh basil (optional)
3 tablespoons of frying oil or olive oil
3-4 tablespoons tahina (sesame paste)
Salt
1 dash of acid (vinegar or lemon juice)
1 pinch of sugar or 1 tsp syrup as needed

Preparation

Remove the outer leaves from the head of lettuce. Divide the lettuce into the individual leaves, wash, spin dry and cut into coarse strips. If using, peel the onion, clean the leek or spring onion, wash and roughly chop everything.

Heat the oil in a medium saucepan and sauté the lettuce and, if using, the onion, leek, or green onion and herbs in it for 2-3 minutes. Pour in water so that everything is just well covered, and simmer for 5 minutes.

Blend with tahina in a stand mixer or with a hand blender in a tall mixing bowl. Season with salt and acid (vinegar or lemon juice). If the taste is too bitter, sweeten a little.

Tips

Croutons made from stale bread or pan-roasted seeds or nuts (e.g. pumpkin seeds, sesame seeds, sunflower seeds) go well as a garnish.

Zero-waste variant: Pureed with leftovers, such as a pre-cooked potato or a few spoonfuls of cooked legumes, the soup becomes creamier and more filling.