

# My Father's Miraculous Rock Soup



"GO FIND ME A ROCK,  
AND I'LL TEACH YOU HOW TO COOK."

Admondo Rubbo's

**Rock Soup**

Recipe



# Admondo Rubbo's Rock Soup

## Ingredients:

2 tablespoons olive oil	1 medium onion, diced
2 cloves garlic, minced	2 medium carrots, sliced
2 celery stalks, sliced	1 medium red potato, quartered
3 stalks fresh parsley	1 teaspoon dried oregano
1 bay leaf	Rubbo Salt, and pepper, to taste
1 tablespoon fresh parsley, chopped (optional, for garnish)	

**Feeds a family of four.**

## What's needed:

Large skillet	2 pots, one large one smaller
Wooden spoon	Knife and cutting board

**Note: Put the two pots on the stove, fill with water. You'll put all the ends, skins and trimmings from the vegetables into the smaller pot, to make the vegetable broth. Cook, simmering, while the soup base is cooking.**

## Rock Soup:

- Prepare the mirepoix vegetables
- Slice ends of onion, remove skin and dice into small cubes
- Remove garlic cloves from the bulb, rub off the papery skin, and mince
- Remove the stalks from the parsley, chop the leaves
- Mix together and place in a small bowl
- Prepare the vegetables:
- Wash celery, carrots and potatoes

Chop vegetables into small pieces

**Note: Mix the chopped vegetables together, divide in half and place in two bowls.**

## Prepare the Soup Base:

- Heat 2 tablespoons of olive oil in a large skillet over medium heat.
- Add one bowl of the chopped vegetables, add a pinch of Rubbo Salt and a pinch of ground black pepper.

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Sauté for 3-4 minutes until softened and translucent, stirring occasionally.

- Add the sauteed vegetables to the larger pot of water.
- Simmer the Soup:
- Bring the soup to a boil over medium-high heat, then reduce to a low simmer.
- Cover the pot and let it simmer for 25-30 minutes, or until the vegetables are tender, stirring occasionally.

Add the second bowl of (raw) chopped vegetables.

- Finalizing the Rock Soup:
- Strain the vegetable stock, discard the cooked scraps and add the vegetable broth to the soup.
- Taste the soup and adjust seasoning with additional Rubbo Salt if needed.

Serve:

- Ladle the soup into bowls. Garnish with freshly chopped parsley if desired.

**Serve hot with crusty bread.**

**NOTE:** This recipe is like a blank canvas, feel free to add any ingredients you desire.

**Suggestions:** Dumplings, meat (poultry, beef, lamb, pork), seafood (fish, shellfish), Zucchini, Peppers, Cabbage, Parsnips, Turnips, Beans, (cannelloni, pinto, etc.), Barley, Tomatoes

**"TO FEED MORE PEOPLE," MY FATHER  
ALWAYS SAID, "JUST ADD WATER."**

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SHARE THE MIRACLE: READ THE BOOK TO YOUR CHILDREN,  
TEACH THEM HEALTHY, LIFELONG COOKING SKILLS, AND  
JOIN THE GREAT AMERICAN COOKING REVIVAL!

## WE FORGOT HOW TO COOK LET'S BRING IT BACK

