

Soup

Tuscan Bean Soup

This is a hearty soup that is so satisfying. And it is quite flexible so make changes to the guidelines below as you see fit.

You'll Need

- 2 slices bacon, chopped
- 2 tablespoons olive oil
- 1 carrot, chopped
- 1 stalk of celery, chopped
- 1 medium onion, chopped
- 2 tablespoons flour
- 2 tablespoons tomato paste
- 3 cups beef broth
- 2 cups water (more if needed)
- 2 cups canned navy beans with juices reserved
- 2 teaspoons dried rosemary
- 2 tablespoons fresh chopped parsley
- 2 garlic cloves, minced
- Salt and pepper to taste
- ¼ pound elbow macaroni or Arborio rice
- 1/3 cup freshly grated parmesan or Asiago cheese



Directions

- In large pot, cook the bacon until crisp.
- Pour off the bacon fat and add olive oil and cook the carrot, celery and onion until slightly soft. Stir in flour and tomato paste.
- Add beef broth, bean juice/water, rosemary, parsley, garlic, salt and pepper.
- Simmer slowly until the vegetables are tender, adding water as needed.
- Add macaroni or Arborio rice and cook until tender, stirring frequently, as it cooks
- Add water, if needed.
- Add the beans and heat through.
- Taste for adequate seasoning.
- If soup is not thick, puree one third of it and return the puree to the pot.
- Serve soup with a bowl of grated cheese.

Play with Your Food

- Use chicken broth instead of beef broth.
- Instead of using canned beans use cooked beans from dried state reserving the water they were cooked in.
- Switch up the veggies as you see appropriate.