

FASOLADA (SIMPLE GREEK BEAN SOUP)



After a recent conversation in the back office with our IT specialist Dean, we were inspired to try out one of his favourite soups from childhood, Fasolada. Fasolada has its origins in Greece as a soup made of beans (and sometimes meat) with a few vegetables, lemon and olive oil. There are many variations of the recipe across Greece and after a little experimentation by Kym (our stock manager and lover of anything beans) we have a recipe that is certifiably blog grade. Don't be put off by the amount of ingredients as this is actually a very easy soup to make.

Thank you Dean for the inspiration and Kym for your cooking efforts.

Serving Size: 4 - 6 serves

Ingredients:

Extra virgin *olive oil* (see quantities in method)

1 large *brown onion* (chopped)

1/2 teaspoon *sea salt*

1/2 teaspoon ground *black peppercorns*

1 *fennel bulb* (cut in half and sliced - use stems too as it adds loads of flavour)

2 gloves of *garlic* (minced)

8 *celery stalks* (chopped)

1 cup of chopped *celery leaves* (pale green only)

2 teaspoons *dried oregano*

1 dried *bay leaf*

5 cups of *vegetable stock* (or chicken stock if preferred)

3 cups of cooked *cannellini beans* (or Great Northern Beans)

1 heaped teaspoon *ground cumin*

1 teaspoon *sweet paprika*

1/4 teaspoon *cayenne pepper* (or ground chilli)

Zest of 1 *lemon*

Juice of 1/2 *lemon*

1/2 cup of chopped *fresh parsley leaves*

Method:

In a large saucepan heat 2 tablespoons of olive oil over medium heat.

Add the chopped onion, salt and pepper. Cook for about 4 minutes over medium heat stirring regularly, then add the garlic, fennel, celery, bay leaves and oregano. Cook for 5 minutes more, stirring regularly.

Add your broth, beans, cumin, paprika and cayenne pepper. Bring to a simmer for 15 minutes with the lid on.

Remove 2 cups of soup and puree in your blender then return to the pot. Add your celery leaves here, and simmer for a final 5 minutes. Remove from heat.

Stir in 1/3 cup olive oil, lemon zest and juice and fresh parsley.

Serve hot with an extra drizzle of Olive oil and warmed bread.

Gluten Free | Dairy Free | Refined Sugar Free | Vegetarian | Vegan

Try another of our favourite Soups this winter

Moroccan Sweet Potato, Carrot & Chickpea Soup