

MOURAD'S TUSCAN BEAN SOUP



DIRECTIONS

1. In a medium pot bring beans to a boil, turn off heat and let sit
2. In a large pot sauté onions in 3 tbsp olive oil until translucent. Add garlic and sauté for one more minute
3. Drain beans and add to the large pot with broth and jalapeño or Serrano pepper (if using) and bring a gentle boil, reduce heat and let simmer for about 15 minutes.
4. Add potatoes and carrots and cook until just almost tender.
5. Add cut veggies until just cooked.
6. Turn off heat and discard jalapeño or serrano pepper. Add remaining tbsp of olive oil.
7. Scoop out about 1/4 of the pot in a sturdy mixing bowl and smash with a potato masher and return to the soup to thicken it.
8. Add fresh tomatoes, parsley, salt and fresh ground pepper to taste. Service with your choice of warm bread.

*You may substitute 2 15oz can of cannelloni beans. Add at the end just to warm them over as they are already cooked.

SHOPPING LIST

2 cups white northern beans, soaked overnight*

1 large white or yellow onion, diced

4 to 6 cloves of garlic, chopped

2 carrots, diced

4 to 6 red potatoes, cubed

4 to 6 roma tomatoes, petite diced

1 bunch flat leaf parsley, finely chopped

2 quarts+ vegetable broth

3 cups cut veggies of choice (i.e. squash & zucchini, spinach, kale & mushrooms, or green beans & cabbage)

4 tbsp. olive oil

Salt and pepper to taste

1 jalapeno or serrano pepper, split lengthwise (optional)