

Italian Bean Soup

PREP TIME:

15 minutes

COOKING TIME:

LOW: 8 hours
or
HIGH: 3 - 4 hours

SERVES:

6

Cut off the parmesan rind and drop into the soup while it cooks to add flavor.



INGREDIENTS:

2 tbsp olive oil

2 cups / 4 medium celery stalks, sliced

1 ½ cups / 2 large carrots, diced

2 cups/1 large red onion, diced

2 tsp garlic / 4 cloves, crushed

4 oz pancetta or 4 thick slices bacon, cut into cubes*

1 x 14.5 oz can cannellini beans, rinsed and drained

1 x 14.5 oz can diced tomatoes

4 cups vegetable broth plus 1 cup water

Marinara Blend

1/2 tsp salt
half bunch kale
fresh parmesan

PREPARE:

Heat the oil in a skillet on medium; add celery, carrot, onion, garlic and bacon. Soften for 3 minutes; put into the slow cooker.

Add beans, tomatoes, broth, water, Mediterranean blend, salt

Stir, cover and cook on LOW: 8 hours or HIGH: 4 hours.

Lift the lid and stir in the kale, replace the lid for 10 minutes to allow the greens to wilt.

Serve with a fresh, crusty loaf of bread

SUBSTITUTIONS:

* 1/2 cup / 2 oz dried (shiitake, porcini) mushrooms for vegetarian alternative

** 3/4 cup / 4 oz dried cannellini beans, rinsed and drained