



A Tuscan Bean Soup (or Pasta Fagoli)

Ingredients:

1 cup dried Cannellini beans or Great Northern
(soaked and drained) Overnight or 4 hours
1 Spanish onion, chopped
2 garlic cloves ,minced
3 garlic cloves minced for sauté at end
2 medium carrots, chopped
4 stalks celery, chopped
1 small russet or red potato, cubed
1/4 cup Pearled Barley
2 cups of Water
8-10 oz. plum tomatoes pureed or chopped
4 cups Chicken Stock, preferably homemade
1/2 cup Italian flat parsley
2 teaspoons Oregano, Basil, 1 teaspoon, Thyme
2 Tablespoons Olive oil for Sauté
1/4 inch piece of Kombi Seaweed
2 Bay Leafs
2 teaspoons sea salt, 1/4 teaspoon of pepper
Optional : Italian cheese to taste

Procedure:

Cook beans in water to cover by 2 inches, with Kombi, about 45 minutes on a rolling boil, adding salt the last 5 minutes of cooking. Keep beans in there cooking liquid, set aside.
In a 7-quart Dutch oven or big pot, heat the olive oil and add onions and garlic. Sauté over medium low heat for 2 minutes, stirring occasionally, add dried herbs, stir one minute more.
Add carrots and celery and potatoes, cook 2 minutes, add Barley and 2 cups water, stir
Add tomato liquid and bring to a boil, cook 15 minutes, then add Chicken Stock, simmer
In a small sauté pan, heat remaining Olive oil, sauté garlic until slightly golden and flavorful, add to soup pot.

Drain the beans and reserve the cooking liquid (there should be about 2-3 cups), If not add water by eye to make 2 cups of liquid. Cook on simmer 10 mins more.

Take out about 3 cups of soup, discard Bay Leafs, add Parsley, Puree soup, return to pot, adjust salt and pepper and dried Italian herbs.

Optional: when in season use fresh Basil with the Parsley
Serve with a warm crusty piece of Italian Bread or Grain Rolls
Can use Whole Wheat or other grain pasta