



## Escarole and Cannellini Bean Soup

This is a hugely satisfying dish requiring little work. A nice homemade stock will enhance the flavor of the soup. **Escarole**, is a green leafy-vegetable with a hint of bitter flavor. It is packed with numerous health benefiting plant nutrients such as vitamin C, vitamin A, B, folate and lots of fiber.

4 servings

2 Tb olive oil

1 small onion chopped

6 garlic cloves minced

Hot pepper flakes to taste

1 head of coarsely chopped escarole (6 cups) it is a little under 1 lb

1 can - 15 ounces cannellini beans\*

4 cups vegetable or chicken stock.

Celtic Sea Salt and freshly ground pepper to taste

2 Tb full bodied extra-virgin olive oil

- Heat a soup pot. Add 2 Tb olive oil along with the onion and red pepper flakes. Sauté 2 minutes until the onion softens.
- Add the garlic, sauté for a minute and add the escarole. Cook, while stirring, until wilted, about 3-4 minutes. I like to use tongs for this.
- Add salt, stock, and beans. Cover and simmer for 10-15 minutes or until the escarole is tender, it is best when it is a little crispy.
- Add salt and pepper to taste. You can, of course, simmer the mixture longer, if needed to develop more intense flavor.
- Serve the soup with a drizzle of olive oil over the beans and escarole.



Here is a picture so you can easily find escarole in the market

\*Canned beans are fine and easy but they are in my opinion, not as good as soaking your own dried beans and cooking them with a piece of kombu. For this recipe use  $\frac{1}{2}$  dried beans, soak overnight, drain, and cover with fresh water. Cook with 1 piece of kombu and 1 bay leaf for 1 hour or until tender. Drain and use in the recipe. You should have about 2 cups.