

## Soup Recipe : Tuscan White Bean Soup

Here's an idea.

One of the most useful pots, or even better, two pots, is the mundane, cast-iron, old-fashioned dutch oven, that you can find at flea markets or second hand stores for a few bucks. Target even sells them preseasoned for around \$50

Presuming that you will act on this excellent, low-cost idea, this recipe calls for its use.

### YOU'LL NEED

Chicken broth, 4 cups, low sodium  
White beans, small or cannellini, 15.5 ounce, 3 cans, rinsed  
Rosemary, fresh, 1 sprig  
Bay leaves, 2  
Salt and pepper  
Bacon, 4 slices, chopped fine  
Olive oil, extra virgin, 1 tbsp., plus extra for serving  
Onion, 1, minced  
Garlic cloves, 4, minced  
Parsley, fresh, minced, 2 tbsp.  
Balsamic vinegar

### DIRECTIONS

1. In large saucepan, put broth, beans, rosemary, bay leaves, and ¼ tsp. salt.
2. Cover.
3. Bring to boil.
4. Remove from heat and set aside.
5. In large dutch oven over medium-high heat, cook bacon and oil for 2 minutes.
6. Stir in onion.
7. Stir in salt.
8. Cook, stirring occasionally, for 8 minutes.
9. Stir garlic into dutch oven.
10. Continue cooking another 30 seconds.
11. Stir broth mixture into dutch oven from saucepan, scraping sides with spatula for browned bits.
12. Bring to a simmer and cook 15 minutes.
13. Stir in parsley.
14. Remove dutch oven from heat.
15. Remove bay leaves and rosemary sprig.
16. Season with salt and pepper to taste.
17. Serve, drizzling with olive oil and vinegar.

## **Freezing Soup In Single-Serving Portions**

1. Get out 12 ounce paper cups for hot beverages.
2. Cool soup.
3. Fill cups with soup, leaving 2 inches at the top unfilled.
4. Label.
5. Wrap in plastic wrap.
6. Freeze.
7. When hungry for soup, remove cup from freezer and microwave until hot.