

Beans, Rice And Everything Nice

Greek White Bean Soup

Stove Top Directions



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 8 - 10 servings

6 cups cooked or 3 cans
navy beans, drained
and rinsed

1 small onion, diced

4 cloves garlic, divided,
2 cloves minced

zest and juice of 1 lemon

2 Tablespoons dried oregano

1 large or 2 small potatoes, cubed

6 carrots, peeled and sliced

6 stalks celery, sliced

1 156 ml (5.5 ounce) can
tomato paste

8 cups water or
4 cups vegetable broth
and 4 cups water

parsley (about 1/2 a bunch),
minced

salt and pepper, to taste

- 1. If using canned beans, skip this step.**
Sort and wash, then soak 2 cups of dried navy beans for 8 hours or overnight. The next morning drain the beans and cook them. Drain and rinse the cooked beans. Set aside until ready to use.
- 2.** Heat a large soup pot over medium heat. Add the diced onion and saute until translucent, adding a splash of water as needed to prevent the onions from burning. Add the 2 cloves of minced garlic, lemon zest and oregano. Stir to combine.
- 3.** Add the beans, celery, carrots, potatoes, and 4 cups of vegetable stock (if using.) Mix the can of tomato paste with 1 cup of the water and add it to pot. Add the remaining 3 cups of water. Bring to a boil over medium-high heat, reduce heat the medium-low and simmer partially covered for 30 minutes.
- 4.** Add the minced parsley and lemon juice, and grate the remaining 2 cloves of garlic into the pot. Let sit for 5 minutes before serving.