

# White Bean Soup

Serves Six



## Soup Ingredients

- ¼ cup olive oil
- 3 cloves garlic, minced
- 1 medium brown onion, chopped
- 1 cup celery, chopped
- 1 bay leaf
- ½ teaspoon freshly ground black pepper
- 1 ½ teaspoons Kosher salt (maybe more...)
- 1 pound dried white beans, rinsed well
- 5 cups water
- 2 cups chicken stock
- 2 cups fresh chopped baby spinach, chopped kale, mustard greens or chopped chard
- 1 ½ teaspoons Kosher salt
- ¼ cup fresh lemon juice
- ½ cup grated parmesan cheese

## Steps

1. *I use an insta-pot (on the bean setting for 40 minutes) but you can do this in a large soup pot too.* Begin sauteing the garlic, onions and celery in a large pot over medium-high heat stirring until translucent.
2. Season with black pepper and add the bay leaf and beans. Cover with water and bring mixture to a boil. Reduce heat to a simmer and continue cooking for about an hour or so until the beans are tender. Mash half of the bean/vegetable mixture with a potato masher to thicken the soup (or use an immersion blender). Add the chicken stock and salt. Bring mixture up to a simmer. Taste for seasoning.
3. Just before serving, add chopped spinach leaves (if using kale or other hearty greens, you need to cook them longer until tender) and lemon juice. Simmer for another 5 minutes. Taste the soup for seasonings. Remove the bay leaf. Ladle soup into servings bowls, drizzle with good quality olive oil. Add freshly grated Parmesan cheese. Serve hot!