

Tuscan Bean Soup
From "Soup Suppers"
Arthur Schwartz
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Serves: 6 to 8

Ingredients

1-pound dried cannellini, rinsed and picked over
1/4 cup extra-virgin olive oil, preferably Tuscan
1 medium onion, finely chopped (about 1 cup)
1 medium carrot, finely chopped (about 1/2 cup)
1 medium potato, cut into 1/4-inch cubes (about 1 cup)
1-3/4 cup chicken or beef broth, homemade or canned
2 or 3 fresh sage leaves, 2 teaspoons dried leaf sage, or 1/4 to 1/2 teaspoon marjoram
3 large garlic cloves, coarsely chopped
6 cup water
Coarse sea salt and freshly ground black pepper
1/2 of a 10-ounce package frozen chopped spinach or kale, defrosted or 2 cups finely shredded kale, or 2 cups finely shredded Savoy cabbage
Thin croutons
Extra-virgin olive oil

1. Soak the beans overnight in cold water to cover by several inches*.
2. In a 4- to 6-quart sauce pan, warm the olive oil over medium-low heat and sauté the onion and carrot until tender, about 10 minutes.
3. Add the potato, broth, sage and garlic.
4. Drain the beans and add them, along with enough water to cover, about 6 cups. Cover and bring to a boil. Reduce heat, partially cover, and simmer steadily for 40 minutes to 1 hour, until the beans are very tender.
5. Ladle out about half the beans and pass through a food mill back into the pan with the remaining beans. Or purée in a blender or food processor. Or use an immersion blender, being careful not to purée all the beans.
6. Return the soup to a simmer, stirring frequently.
7. Taste and correct seasoning with salt and pepper.
8. Add the defrosted spinach or kale, or finely shredded fresh kale or cabbage and simmer about 15 minutes
9. Serve in wide bowls, topped with a thin crouton and drizzle of olive oil.

Advance Preparation: Can be kept refrigerated for up to a week; the beans suffer if you freeze the soup.

*Donna's Notes: If you're short on time, there are two methods by which you can you prepare the beans more quickly. The Quick-Soak Method has you cooking the beans in a [pot](#) of simmering water for one hour or by par-cooking them in an [InstaPot/pressure cooker](#) for two minutes.