

White Bean Soup

This soup is healthy, delicious, and easy to make. If you save recipes from magazines you will appreciate that I have kept this newspaper clipping from 2008 and made my own notes for substitutions. Part of the fun of cooking is to follow the recipe the first time but to add your own preferences in future versions. To save calories you will notice I just eliminated adding the cream. The texture is smooth and creamy and does not need cream. I replaced sage with cilantro and substituted fresh lemon juice for wine. I would recommend drinking white wine with the soup though!

Ingredients

- 2 cans of white cannellini (kidney) beans
- ¼ cup olive oil
- 1 tbsp butter
- 2 cups chopped onion or shallots
- 2 carrots, chopped in pieces
- 2 bay leaves
- 1 cup chopped fresh cilantro
- 2 tsps. dried thyme
- ½ cup fresh lemon juice
- 1 ½ cup chicken or vegetable stock
- Ground pepper to taste



Instructions

Drain and rinse the beans, In a deep pot heat olive oil and butter to sauté' onions, carrots, and bay leaves. After 3 to 5 minutes when onions are soft, add cilantro, Wait a minute and add the lemon juice (or wine if you have any left) Stir a few minutes and slowly add the liquid stock and then the beans. Cook on a gentle boil for 10 minutes. Test a carrot piece to make sure it is soft enough. Remove bay leaves. Puree the soup either with an immersion blender or a good old-fashioned countertop blender until the texture you prefer is reached. Pour back into the pot and heat on low for 5 more minutes. Serve with ground pepper and a spring of fresh cilantro on top. There is no salt in the recipe so it is appropriate for those on a low salt diet, however, salt can be added at the table if desired.