

Traditional Greek Bean Soup - Fasolada

A hearty, delicious and easy food. This bean soup dates back to Ancient Greek times.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 5 mins

Cooking time: 150 mins

Category: Soups

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Navy beans, cooked from dried	2 cup
Onion, white, yellow or red, cooked	2 medium - 2 1/2" diameter
Celery, cooked	3 medium - stalk - 7 1/2" to 8" long
Carrots, cooked from fresh	2 medium - 6" to 7" long
Olive oil	2 tablespoon
Tomato, cooked from fresh	1 medium
Tomato, canned	0.75 cup
Salt, sea salt	0.5 teaspoon
Black pepper, ground	0.5 teaspoon
Bay leaves	2 x 1 leaf
Rosemary, dried	0.5 teaspoon
Oregano, dried	0.5 teaspoon
Paprika	0.5 teaspoon

Instructions

Soak dried beans for at least 24 hours in water. I soak my beans for two days to reduce lectins. Drain, rinse and replace water twice a day. I used navy beans here but any white bean will do.

1. Rinse and drain soaked beans. Steam for 1 1/2 to 2 hours. In place of steamer beans can be boiled. Check beans every 20 minutes to see if they need more water and for doneness. Once beans are completely cooked drain and set aside.

2. Finely chop onion, celery and carrots. Add oil to large soup pot, heat and add vegetables. Sauté until the vegetables are soft, about 3 minutes.
3. Add tomatoes and spices and cook for another 3 minutes on medium heat.
4. Add beans and pour enough water in the pot to cover the beans plus a little more and mix. Bring to boil. Then turn down heat to low and simmer for 35 minutes partially covered.
5. Let soup cool for at least 10 minutes after removing from heat.
6. Serve with Kalamata or sundried olives and rice (optional).