

# Fasolada (Greek Bean Soup)

**Serves Six**



## **Soup Ingredients**

¼ cup olive oil  
3 cloves garlic, minced  
1 medium brown onion, chopped  
1 ½ cups celery, chopped  
1 ½ cups carrots, chopped  
½ teaspoon freshly ground black pepper  
1 ½ teaspoons Kosher salt (maybe more...)  
1 pound dried white beans, rinsed well, soaked overnight  
5 cups water  
2 cups chicken stock  
1 (28-ounce) can crushed tomatoes  
1 teaspoon smoked paprika  
1 teaspoon dried oregano, crushed between your palms  
½ teaspoon cumin  
¼ cup finely chopped Italian parsley  
¼ cup fresh lemon juice  
2 tablespoons good quality olive oil

## **To Serve**

Top with feta cheese and/or olives and crusty bread

## **Steps**

1. ***I use an insta-pot (on the bean setting for 30 minutes) but you can do this in a large soup pot too.*** Begin sauteing the garlic, onions, carrots and celery in a large pot over medium-high heat stirring until translucent. Remove to a bowl.
2. Add the beans to the pot along with the water. Season with salt and black pepper. Bring mixture to a boil. Reduce heat to a simmer and continue cooking for about an hour or so until the beans are tender. Add the vegetables back to the pot along with the chicken stock, crushed tomatoes, cumin, oregano and paprika. Bring mixture up to a simmer. Taste for seasoning.
3. Just before serving, add the parsley and lemon juice. Simmer for another 5 minutes. Taste the soup for seasonings. Ladle soup into servings bowls, drizzle with good quality olive oil. Add feta cheese and/or olives. Serve hot with crusty bread.