

Beans soup (Soups)



Preparation

Soak the beans overnight. Cut the vegetables into dices. Keep one onion apart. In a clay pot (if you have it, otherwise a normal saucepan will be ok), sauté your vegetables together with your legumes. Cover with 1lt. water. Add salt and cook on a low heat for 90min. Set aside for one day. Before serving it, arrange some bread slices into a clean saucepan. Pour over them your soup. Heat on a medium heat. Serve with a drizzle of extravirgin olive oil.

Tips

When serving this great beans salad, don't forget to offer your guests a good bottle of wine too. A white wine will be perfect!

Trivia

Beans provide a good amount of vegetable proteins and at the same time prevent the increase of the levels of bad fatty acids and cholesterol in your blood.

Information

Preparation 180 minutes

Total Time 150 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Cauliflower 100 grams

Spelt 200 grams

Tinned or dried beans 100 grams
(small, red and dried)

Lentils 100 grams (of Umbria)

Tropea red onions (2 Tropea red
onions)

Savoy cabbage 100 grams

Carrots 60 grams

Celery (a celery stick)

Sundried tomatoes (as needed)

Potatoes (one potato)

Extra virgin olive oil (as needed)

Bread (durum wheat bread, in slices)

Water

