

Fasolada (Greek White Bean Soup)

By Joe Yonan

 Servings: 4 (makes about 7 cups)

 Active: 25 mins | Total: 45 mins

- ☐ 2 tablespoons extra-virgin olive oil, plus more for drizzling
- ☐ 1 small yellow onion (6 ounces), cut into 1/4-inch dice
- ☐ 1 medium carrot, cut into 1/4-inch dice
- ☐ 1 celery rib, cut into 1/4-inch dice
- ☐ 3 garlic cloves, chopped
- ☐ 3 1/2 cups water
- ☐ Two (15-ounce) cans no-salt-added cannellini or navy beans, with their liquid
- ☐ 1 cup canned no-salt-added crushed tomatoes (from one 15-ounce can)
- ☐ 2 bay leaves
- ☐ 1 teaspoon fine salt, plus more as needed
- ☐ 1/2 teaspoon freshly ground black pepper, plus more as needed
- ☐ 1/2 teaspoon dried oregano
- ☐ 1/4 teaspoon crushed red pepper flakes (optional)
- ☐ 1/4 cup finely chopped fresh flat-leaf parsley
- ☐ 1 tablespoon fresh lemon juice (from 1/2 lemon), plus more as needed

Step 1

In a Dutch oven or large saucepan over medium heat, heat the oil until shimmering. Add the onion, carrot, celery and garlic, and cook, stirring occasionally, until the vegetables are soft, about 8 minutes.

Step 2

Add the water, beans (with their liquid), tomatoes, bay leaves, salt, black pepper, oregano and red pepper flakes, if using, and stir to combine. Bring to a lively simmer and cook, uncovered, until the liquid thickens and the flavors meld, about 20 minutes.

Step 3

Add the parsley and lemon juice, and stir to combine. Taste, and season with more salt, black pepper and lemon juice, if desired.

Step 4

Discard the bay leaves. Ladle the soup into bowls, drizzle with a little more oil and serve hot.

Substitutions

Cannellini beans >> Great Northern beans or borlotti (cranberry) beans.

The soup has a mild spice level, but to make it more or less spicy >> use more or less (or no) crushed red pepper flakes.

Variations

If you'd like to cook the beans for this recipe, soak 1 cup dried beans overnight, then add them instead of the canned beans. Increase the water to 4 cups. Once you've added the other ingredients, cover and cook on low heat until the beans are tender, 1 hour to 1 hour 20 minutes, then proceed with the rest of the recipe. If the soup seems too thin, continue cooking it, uncovered, until it thickens to the consistency you like.

To make this from dried beans in an Instant Pot or other multicooker, use the SAUTE (HIGH) function to cook the aromatics, then add 1 cup (soaked) dried beans, 4 cups water and the remaining ingredients. Cook on HIGH for 30 minutes, then manually release the pressure, check to see if the beans are tender and cook again for 5 minutes at a time, until the beans are very tender. If the soup seems too thin, return the multicooker to SAUTE and reduce the soup until it thickens to the consistency you'd like.

