

Recipe – Cannellini and Garlic Soup

Ingredients:

- one whole head of garlic, peeled and chopped
- olive oil
- 2 pounds dried cannellini beans, prepared ahead
- 3 stalks celery, chopped
- 2 onion, chopped.
- 1 carton of vegetable broth or 2 TBS broth base and water
- 1 whole bunch of parsley, taken off stem and coarsely chopped
- dash of hot sauce.
- salt to taste if permitted

Directions:

Prepare the cannellini ahead according to package directions until almost soft.

Saute the garlic until a little toasty in enough olive oil to coat the bottom of the soup pot.

Add celery and onions, and sauté.

Combine beans and vegetables with vegetable broth plus water OR soup base plus water, using enough water to make a very thick soup. Simmer until the vegetables and beans are soft, about a half hour.

Add parsley, hot sauce and salt for the last couple minutes and serve.

You can do this recipe in a pressure cooker and it will take about 11 minutes under pressure on the second red ring. It is a huge savings of time and energy.

This served 8 with enough left over for everyone to take home a cup for breakfast.