

Heavy Soups

- Pasta e Fagioli (Toscana)
- Tuscan White Bean Soup
- NOLA Chicken & Sausage Soup

Pasta e Fagioli (Toscana)

Source: Serious Eats

Modified By: Peter Stellato, Michael D'Attilo

Ingredients

1 pound dried beans (such as kidney beans , cannellini beans, or chickpeas) soaked overnight in salted water

- *(Instead of being soaked overnight, beans can also be prepared using the quick-soak method: Cover with water in a large pot, bring to a boil, remove from heat, and let rest for 1 hour. Drain and proceed with the recipe as directed.)*

Kosher salt

12 cloves garlic

2 medium onion, peeled and halved

4 medium carrots, peeled and halved

4 stalks celery, halved

4 large sprigs fresh sage or rosemary

(2 cups cooked beans)

(3 cups bean cooking water)

(4 cups cooked beans)

2 cans cannellini Beans

1-2 tbsp lemon juice (to taste)

3-4 tbsp chopped parsely

1/2 pound small pasta, such as ditalini, small shells, or orzo

Extra-virgin olive oil, for drizzling

`Freshly ground black pepper

Directions

Place beans in a large pot and cover with lightly salted water by at least 2 inches. Add garlic, onion, carrots, celery, and rosemary or sage. Cover and bring to a boil over high heat. Reduce heat to a bare simmer and cook, topping up with water as necessary to keep beans submerged, until beans are very tender and creamy with no graininess left, 1 to 2 hours depending on type of bean. Beans can also be cooked in a pressure cooker at low pressure for 25 minutes if using kidney or cannellini beans, or 30 minutes if using chickpeas. Discard onions, garlic, carrots, celery, and herbs. Drain beans, reserving beans and liquid separately. You should have about 6 cups of cooked beans.

Measure out 4 cups of cooked beans, setting the remaining beans (approximately 2 cups) aside. Combine the 4 cups of beans with 3 cups bean-cooking water and blend until completely smooth.

Transfer bean soup to a heatproof container and add reserved cooked beans, canned beans, parsley and lemon juice.

In a small pot of salted boiling water, cook pasta until just short of al dente (about 3 minutes less than cooking time on package). Drain and chill under cold running water. Let drip dry, then transfer to a container. Drizzle with a small amount of olive oil and toss to lightly coat.

When ready to serve, ladle soup into a saucepan and bring to a simmer, thinning with water and seasoning with salt as necessary. Spoon in a generous amount of pasta and simmer until warmed through. Serve right away, drizzling fresh olive oil on top and a generous grinding of black pepper. Soup and pasta can be refrigerated separately for up to 3 days.

Tuscan White Bean Soup

From Cooks Illustrated Jan & Feb 2001, pg 21

6 oz Pancetta, cut into 1x1 inch cubes
1 lb dried cannellini beans, rinsed and picked over
1 large onion, unpeeled and halved pole to pole
1 small onion, diced medium
4 medium unpeeled garlic cloves
3 medium garlic cloves, minced
1 bay leaf
Salt and ground black pepper
1/4 cup extra-virgin olive oil
1 sprig fresh rosemary
Balsamic vinegar

In a large, heavy-bottomed dutch oven, cook pancetta over medium heat until just golden, 8 to 10 minutes. Add 12 cups water, beans, halved onion, unpeeled garlic, bay leaf, and 1 tsp salt; bring to boil over medium-high heat. Cover pot partially; reduce heat to low, and simmer, stirring occasionally, until beans are almost tender, 1 to 1 1/4 hours.

Remove beans from heat, cover, and let stand until beans are tender, about 30 minutes. Drain beans, reserving cooking liquid (you should have about 5 cups, if not, add more water). Discard pancetta, onion, garlic, and bay leaf. Spread beans in even layer on baking sheet and cool.

While beans are cooling, heat oil in now-empty dutch oven over medium heat until simmering. Add diced onion and cook, stirring occasionally, until softened, 5 to 6 minutes. Stir in minced garlic and cook until fragrant, about 30 seconds. Add cooled beans and cooking liquid; increase heat to medium-high and bring to simmer. Submerge rosemary sprig in liquid, cover, and let stand off heat 15 to 20 minutes. Discard rosemary sprig and season to taste with salt and pepper.

Ladle soup into individual bowls, drizzle each bowl with olive oil, and serve, passing balsamic vinegar separately.

Use leftover soup to make ribollita

Alternative Recipe (Faster)

6 oz Pancetta, cut into 1x1 inch cubes
2 tbsp extra-virgin olive oil
1 small onion, diced medium

3 medium garlic cloves, minced
5 cans cannellini beans (16oz), drained and rinsed
1 sprig fresh rosemary
Balsamic vinegar, for serving

In a large, heavy-bottomed dutch oven, cook pancetta over medium heat until just golden, 8 to 10 minutes. Discard pancetta and add oil to pot with pancetta fat. Add onion and cook, stirring occasionally, until softened, 5 to 6 minutes; stir in garlic and cook until fragrant, about 30 seconds. Add beans, 1/2 teaspoon salt, and 3 1/2 cups water. Increase heat to medium-high and bring to simmer. Submerge rosemary in liquid; cover and let stand off heat 15 to 20 minutes. Discard rosemary and adjust seasonings with salt and pepper. Ladle soup into individual bowls, drizzle each bowl with olive oil and serve, passing vinegar separately.

NOLA Chicken & Sausage Soup

Source: Cook's Country, Feb/Mar 2007

Notes: *It's a super dense, caloric, and expensive soup, but I guess it's pretty good? IDK what to change. -M*

Ingredients

- 1 tablespoon vegetable oil
- 1 pound smoked sausage, such as andouille or kielbasa, cut into 1/4-inch pieces
- 2 medium onions, chopped fine
- 1 red bell pepper, seeded and chopped fine
- 1 rib celery, chopped fine
- 6 medium garlic cloves, minced
- 1 teaspoon dried thyme
- ½ teaspoon cayenne pepper
- ¼ cup all-purpose flour
- 2 quarts low-sodium chicken broth
- 1 ½ pounds boneless, skinless chicken breast, cut into 1/2-inch cubes
- 1 cup long-grain rice

Instructions

1. Heat oil in large Dutch oven over medium-high heat. Add sausage and cook until lightly browned, about 8 minutes. With slotted spoon, transfer sausage to paper towel-lined plate.
2. Add onions, pepper, and celery to fat in now-empty Dutch oven and cook over medium heat, stirring frequently, until softened, about 8 minutes. Stir in garlic, thyme, and cayenne and cook until fragrant, about 30 seconds. Add flour and stir constantly with wooden spoon until mixture is golden brown, about 10 minutes.
3. Whisk in chicken broth and 2 cups water; bring to boil. Add chicken and rice and simmer until rice is tender and chicken is cooked through, about 10 minutes. Add reserved sausage and simmer until soup is slightly thickened, about 5 minutes. Season with salt and pepper. Serve. (Soup can be refrigerated in airtight container for up to 3 days.)