

Navy Bean Soup

This is a great soup for the cold weather. It is creamy without dairy products and it is very nutritious, since bean is high source of dietary fibers and many vitamins.



Ingredients:

1 cup dry navy bean
3 tablespoons olive oil
2 stalks of celery cut in small pieces
2 medium size carrots cut in small pieces
1 $\frac{1}{2}$ cup beef or chicken broth
 $\frac{1}{2}$ medium size onion chopped
Salt and pepper to taste

Method:

Soak the navy bean overnight or at least for 4 hours.

In a pressure cooker, add the beans, 3 cups of water and 1 tablespoon of olive oil. Start with high heat and once the pressure start (safety valve starts to spin) lower the heat.

Cook for 20 minutes. Let it cool down and carefully open the lid. If still pressure, do not force the lid, wait a little longer.

In another pan heat 2 tablespoons of olive oil and add the onion, cook until brown.

Add to the onion the cooked bean, the beef or chicken broth and let it boil. With a wooden spoon smash the beans against the wall of the pan, this will break the bean and make the soup creamy, proceed to the desired consistency, stir constantly. Add the carrots and celery, let it cook for 5 more minutes. Add salt and pepper to taste.

To serve, sprinkle the soup with some dry or fresh parsley and a streak of olive oil.

Curiosity Corner

Did you know that beans have high content of starch, protein and dietary fibers? They are also rich in iron, potassium, selenium, molybdenum, thiamine, vitamin B6 and folic acid. One more information: did you know that the white navy bean is also known as pea bean and haricot?

Thank you for stopping by Simple Recipes and have a great week!