

Tuscan White Bean Soup

Palm Beach Post

Servings: 6

2 tablespoons extra-virgin olive oil

6 ounces pancetta, minced

3 onions, minced

8 cloves garlic, minced

1/4 teaspoon red pepper flakes

3 cups low-sodium chicken broth

3 cups water

1 pound (2 1/2 cups) great northern or cannellini beans, picked over, salt-soaked and rinsed

1 rind Parmesan cheese (optional)

2 bay leaves

1 sprig fresh rosemary

salt and pepper to taste

grated Parmesan cheese (for serving)

Heat oil in a 12-inch skillet over medium-high heat until shimmering. Add pancetta and cook until lightly browned and crisp, about 8 minutes. stir in onions, garlic and red pepper flakes and cook until onions are softened and lightly browned, 8 to 10 minutes. Stir in one cup of broth, scrapping up any brown bits; transfer to slow cooker.

Stir remaining two cups of broth, water, soaked beans, Parmesan rind (if using) and bay leaves into slow cooker. cover and cook until beans are tender, 9 to 11 hours on LOW or 5 to 7 hours on HIGH.

Add rosemaryprig, cover and cook on HIGH until rosemary is fragrant, about 15 minutes. Discard rosemary, bay leaves and Parmesan rind (if using). Season with salt and pepper to taste and serve with gratedc Parmesan and additional olive oil.

Per Serving (excluding unknown items): 137 Calories; 8g Fat (46.3% calories from fat); 14g Protein; 7g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 790mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 Fat.