

White Bean Soup with Greens and Bread Dumplings

Sara Moulton - Associated Press

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Servings: 4

*2 large eggs
2 cups fresh white or whole-wheat
breadcrumbs
2 ounces Parmigiano-Reggiano cheese,
freshly grated
2 tablespoons fresh sage, finely
chopped
2 tablespoons extra-virgin olive oil
4 ounces chopped pancetta
1/2 cup onion, chopped
1 cup medium carrot, diced
1 1/2 cups medium fennel, diced
2 teaspoons minced garlic
2 cans (15 ounce ea) white beans,
drained and rinsed
4 cups chicken broth
8 ounces baby kale, spinach (or larger
greens), chopped
1 tablespoon fresh lemon juice (or to
taste)
Kosher salt (to taste)
black pepper (to taste)*

In a medium bowl, lightly beat the eggs. Stir in the breadcrumbs, cheese and sage. Cover and chill for at least 30 minutes. Roll into twelve balls.

In a Dutch oven or large saucepan, heat the oil over medium-high heat. Reduce the heat to medium-low. Add the pancetta. Cook, stirring occasionally, until the pancetta is lightly browned, about 8 to 10 minutes. Remove the pancetta with a slotted spoon. Leave all of the fat in the pan.

Add the onion, carrot and fennel. Cook, stirring occasionally, over medium heat until very lightly browned, 12 to 14 minutes. Add the garlic. Cook, stirring, for 1 minute.

Add the beans and the chicken broth to the saucepan. Bring to a boil. Reduce to a simmer. Cook for 15 minutes. Add the dumplings to the pot. Simmer, covered, for 8 minutes.

Transfer two cups of the solids with a little liquid to a blender. Blend until smooth. Return the puree to the pan. Add the kale and pancetta. Simmer, stirring, until all of the greens are wilted, about 3 minutes.

Add the lemon juice, salt and pepper to taste. Ladle the soup into four soup bowls. Spoon three dumplings into each bowl.

Per Serving (excluding unknown items): 482 Calories; 12g Fat (21.2% calories from fat); 32g Protein; 64g Carbohydrate; 16g Dietary Fiber; 106mg Cholesterol; 815mg Sodium. Exchanges: 4 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.