

White Bean Soup with Bacon, Thyme and Rosemary

Serves 6

6 slices of bacon, cut into small pieces, (or equivalent of simulated bacon bits if a vegetarian soup is desired)
2 tbsp olive or hemp oil
1 small onion, chopped finely
1 large carrot, diced
2 celery ribs, diced
4 cloves of garlic, minced
1 bay leaf
2 tsp thyme, chopped (fresh is best, dry is okay, use less)
2 tsp rosemary, chopped (fresh is best, dry is okay, use less)
2 cups cooked white Romano or other type of white beans, (or canned, rinsed and drained)
8-10 cups chicken or vegetable broth
Salt and pepper to taste



Local Ingredients:

Bacon
Carrots
Celery
Chicken
Garlic
Hemp Oil
Onions
Rosemary
Romano Beans
Thyme



If using dried beans, prepare by soaking and cooking until soft. I used dried Helga Romano and Blue Lake Pole beans that I grew last summer and dried.

In a large pot, cook the bacon until crisp and then remove to a plate lined with paper towel to absorb grease. Leave additional grease in the pot and add the olive oil, onion, carrot, and celery. Cover and cook until soft, approximately 10 minutes and then add the garlic, bay leaf, thyme and rosemary. Cook for a few more minutes and add the beans and broth. Simmer over medium low heat for 20 to 30 minutes.

Before serving, remove the bay leaf and season with salt and pepper and additional herbs if a dominant herb flavour is desired. Add the bacon pieces. If using simulated bacon bits you may want to add them earlier to release the flavour into the soup. If you want a thicker soup, some of the beans can be removed and pureed, then added back to the pot. This is a low fat, healthy and extremely flavourful soup! As with most soups, this can be made ahead of time and reheated.

Adapted from Food and Wine