

## Beans and Greens Soup

1 pound dried Cannellini, Navy, or Soldier Beans, washed  
or 3 cans of rinsed beans [15-oz. cans]  
4 cloves garlic, chopped  
2 bunches scallions, chopped  
2 parsnips, peeled and chopped  
1 bulb fennel, finely chop bulb, with a few stalks, and fronds  
1 sprig rosemary, leaves stripped, or 1 teas. dried rosemary  
2 sprigs thyme, leaves stripped, or 1 teas. dried thyme  
¼ cup olive oil  
Salt and Pepper, to taste  
1-½ cups Marinara Sauce, homemade or jarred  
½ bunch kale, or collard greens, finely chopped  
1 pint cherry tomatoes, washed  
Vegetable Stock to dilute soup concentrate

Soak beans overnight in fridge. Change water 2x. Drain and discard soaking water.

In an 8-quart soup pot, sauté garlic, scallions, parsnips, fennel, rosemary and thyme in olive oil. Add salt and pepper. Sauté until vegetables begin to soften. Stir often.

Add Marinara sauce and drained beans, if using dried. [If canned beans, add later.] Add water to cover beans by two inches. Simmer, covered, on low heat for approximately 2 hours, or until beans are softened, but skins do not break. Stir often.

Stir in canned beans, if using, chopped kale or collards, and cherry tomatoes. Dilute soup with vegetable stock, or water. Boil, then simmer 15 minutes, or until greens and tomatoes are softened. Taste!! Add more salt, pepper, rosemary, thyme, and Marinara, if desired!

Serves: about 4–5 quarts. Freezes well! Enjoy every nourishing spoonful!!