

Scarlet Runner Bean Soup

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 350g scarlet runner beans
- ¼ cup extra virgin olive oil
- 1 brown onion, peeled & chopped
- 2 carrots, peeled & chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- a few sprigs of thyme
- 1 bay leaf
- ½ cabbage, shredded
- 6 cups veggie stock

Equipment:

- chopping board
- knife
- saucepan
- garlic crusher
- wooden spoon
- metric measuring cup

Method:

1. The night before, soak the beans in water making sure they are covered by 5cm.
2. The next day, drain the soaking water and refill the pot to cover the beans, again by 5cm and bring to the boil. Then reduce heat to very low simmer and cook until beans are tender, about 3 hours. If need be add more water during cooking time to keep beans covered. Once beans are tender, drain and set aside.
3. Heat olive oil over medium heat, add the onions, carrots and celery and stir occasionally until soft and beginning to brown.
4. Add the garlic, herbs and season with salt /pepper. Cook for 2-3 minutes.
5. Add 4 cups of stock and bring to the boil.
6. Add cabbage and continue to simmer till cabbage is soft.
7. Serve with some shaved parmesan.