



Bean and Emmer Soup

Ingredients:

1 kg Emmer
1 lb. runner Cannellini or Pinto or Navy beans
3 Tbsp. olive oil
2 cups carrots, chopped
1 cup celery, chopped
1 cup onion, chopped
2 cups ham, diced
10 cups vegetable stock
1 pint whole milk
1/2 cup parsley, chopped
Salt & pepper to taste

Procedure:

Cook Emmer according to package directions and cool immediately.

Cook cannellini beans according to package directions and drain. Cool half of the beans immediately.

Heat the milk and combine with remaining beans in food processor and mix until beans have smooth texture.

Heat olive oil in large pot and add carrots, celery, onion and ham and sauté while stirring for about 5 minutes. Add vegetable stock and bean/milk mixture, and then heat to a simmer. Add Emmer and bring back to a simmer once again. Season with salt and pepper to taste.

Garnish with fresh parsley and garlic croutons (optional) before service.

