

White Bean, Bacon and Tomato Soup

This is a grown up version of tomato soup with more texture and flavor. Serve it with a whole wheat and Irish cheddar grilled cheese sandwich for the ultimate comfort food meal. To make this soup in less time, use 3-4 cans of drained white beans. If you have a ham bone, use it in place of the bacon.

1 pound	white beans	4 cups	chicken or vegetable stock
6	parsley stems	½ teaspoon	thyme leaves
2 sprigs	thyme	1 28-ounce can	crushed tomatoes
2	bay leaves	1 14-ounce can	diced or crushed tomatoes
4 strips	bacon	1 Tablespoon+	fresh herbs, such as thyme, parsley or mint
1 large	onion, diced		
4 cloves	garlic, minced		

- 1 Revive dried beans by soaking them overnight with 4 quarts of water in a soup pot OR heat to boiling, turn off the heat, cover the pot and let stand for one hour.
- 2 Drain and rinse beans. Put them back in the pot and add 4 quarts of water. Add parsley stems, thyme and bay leaves. Bring pot to a boil, then turn to low and simmer until beans are tender, about 40 minutes. The beans can be made in advance and should remain in the cooking liquid until used. Drain the beans and discard the parsley, thyme and bay leaves.
- 3 While beans are cooking, slice bacon into 1/4" slices. Add bacon to another large pot and cook on medium high until crisp and golden. Remove cooked bacon to paper towels and when cool, crumble into bacon bits. Cook onions in remaining bacon grease until they are translucent, about 5 minutes. Remove excess grease, add minced garlic and let cook for a minute. Then add tomatoes, stock, 2/3 of bacon bits and cooked beans. Bring to a boil and turn heat to low and let simmer with the cover on. Continue to cook until the beans begin to melt into the tomato mixture, but are still whole, about 30 more minutes or until it has thickened from the beans.
- 4 Ladle the soup into bowls and garnish the soup with fresh herbs and remaining bacon bits.

Servings: 8

Preparation Time: 5 minutes

Cooking Time: 1 hour and 10 minutes

Inactive Time: 1 hour

Total Time: 2 hours and 15 minutes

Nutrition Facts

Nutrition (per serving): 439 calories, 159 calories from fat, 17.6g total fat, 26.7mg cholesterol, 671.5mg sodium, 1644.2mg potassium, 50.4g carbohydrates, 11.5g fiber, 4g sugar, 22.6g protein.

Source

Author: Patricia K. Rose, December 2015

