



TUSCAN WHITE BEAN AND VEGETABLE with ROSEMARY CROUTONS

Recipe Collection by **Lorraine Fitzmaurice**

Serves 6

1 medium sized onion, diced
3 cloves garlic, minced
Extra virgin olive oil
2 medium carrots, diced
2 medium courgette, diced
2 sticks celery, sliced
2 (1lb) tins of chopped tomatoes
1 bayleaf
Good pinch of dried basil
2 sage leaves
1 small sprig of fresh rosemary
Sea salt
Coarse ground black pepper
Fresh parsley
2 (1lb) tins of butter beans

Rosemary croutons:

3 thick slices of sourdough bread or ¼ baguette, diced
(good way to use up old bread)
2 cloves garlic, minced
¼ teaspoon finely chopped fresh rosemary
2 tablespoons of extra virgin olive oil

Method

Begin by boiling a kettle full of water, (to save time use boiling water for the stock). Preheat the oven to Gas 5, 190 C, 375 F. Heat 1 tablespoon of olive oil in a large pot, dice the onion and add to the pot with the garlic.

Saute for 2/3 minutes and add the celery, carrots, courgette, tomatoes, bayleaf, sage and rosemary. Add 1 pint of boiled water and a pinch of salt. Bring to a boil, lower the heat, place a lid on top and simmer for 15 minutes.

Make the croutons:

Cut the bread into bite size pieces. Place on an baking tray. Chop the garlic and the rosemary very fine and sprinkle on the bread, pour the olive oil over the bread and herbs and toss well together. Bake in the preheated oven for 8/10 minutes until lightly browned.

Drain 1 tin of beans and blend until smooth. Drain the other tin and add both to the soup and stir well. Thin the soup with boiled water if needed. Season with salt and pepper and garnish with plenty of finely chopped fresh parsley.

Serve garnished with the rosemary croutons.

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