

Simple Summer Squash & Bean Soup

¾ pound Tongues of Fire beans*
olive oil
1 clove garlic, smashed
1 small onion, diced
1 small zucchini, diced
1 tomato, diced
1 ½ cups tomato sauce
1 ½ cups water
1 tablespoon parsley, minced
salt and pepper

Prepare the beans

Shell and rinse the beans. Place them in a medium pan, cover with cold water and bring to a boil. Boil for 15 to 20 minutes until the beans are soft. Remove the pan from the heat and set the whole thing aside to cool while you're making the soup base.

Make the soup

Put a few turns of olive oil into a medium saucepan over medium heat. Smash the garlic and fry gently in the oil.

Meanwhile medium dice and add to the pan: onion, zucchini, and tomato. Sauté about 10 minutes until the vegetables start to soften.

Add the chopped parsley, tomato sauce, and water. Season with salt and pepper.

Simmer over a medium heat for about 15-20 minutes.

Rinse the cooked beans and add to the pot.

Warm through and serve drizzled with olive oil and minced basil.

Makes about four servings.

Notes: *Tongues of Fire beans are similar to cranberry or borlotti beans so go ahead and use them (or another type) if that's what you have. You could also use canned beans (1 small can) if you don't have fresh beans--cannellini or small white navy beans would work well. Dried beans would also work--prepare according to the directions on the package.

This recipe, like most soups, is even better the next day.