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Printed from Relishmag.com on 2/3/2011

Winter Bean Soup

Ingredients

3 slices bacon, chopped
1 onion, diced
2 celery stalks, diced
2 small carrots, diced
2 zucchini, diced
1 garlic clove, finely diced
1 (14-ounce) can chopped tomatoes, undrained
2 (15-ounce) cans Great Northern beans, drained and rinsed
3 cups low-sodium chicken broth
Coarsely ground black pepper
6 cups fresh spinach, chopped
1/4 cup grated Parmigiano Reggiano cheese

Instructions

1. Place bacon in a large saucepan over medium heat. Cook 5 minutes or until almost crisp. Add onion, celery and carrot; cook 5 minutes. Add zucchini and garlic; cook 3 minutes. Add tomatoes, beans, broth and pepper. Bring to a boil, reduce heat and simmer 10 minutes. Stir in spinach. Ladle into soup bowls and top with grated cheese. Makes 10 cups. Serves 6.

Recipe by Chef Jon Ashton

Nutritional Information

Per (1 2/3-cup) serving: 230 calories, 7g fat, 15mg chol., 11g prot., 30g carbs., 10g fiber, 320mg sodium.



Wine Pick

The very first ingredient—the bacon—sets this recipe up for a Syrah. Yet while some might go for a smoky Syrah to match the smoky bacon, I'll forego the smoke-out and look for a plush, fruity bottle to complement (rather than echo) what's in the bowl. Kendall-Jackson 2007 Vintner's Reserve Syrah (\$14) offers deep fruits and spice, but a glint of spark in the finish that makes me think: "food wine!"—it's not overly heavy.—Wini Moranville

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