



GREEK BEAN SOUP

(Fasolatha)

Fasolatha is one of the heartiest dishes on the Greek vegetarian table, and one of the mainstays of Lent.

1 cup Krinos Extra Virgin Olive Oil
2 large onions, peeled, halved, and sliced
2 carrots, peeled and sliced into thin rounds
2 celery ribs, trimmed and sliced thin
2 cloves garlic, peeled and chopped
1/2 pound great northern or other small white beans, soaked overnight according to package directions
1 cup chopped plum tomatoes
1 fresh hot pepper (optional)
8 cups water
Salt, pepper to taste
Fresh strained juice of 1/2 lemon or
2-3 tablespoons Krinos Red Wine Vinegar

Heat 1/2 the olive oil in a large soup pot and sauté the onions until wilted.

Add the carrots, celery, and garlic and cook until soft. Add the beans and toss gently to coat with oil. Add the tomatoes, hot pepper, and water, bring to a boil, reduce heat, and simmer soup uncovered, for 1 1/2-2 hours, or until the beans are very tender.

Just before removing from heat, adjust seasoning with salt, pepper, and lemon juice or vinegar.

Yield: 6 servings