FINGER LAKES DUTCH OVEN WHITE BEAN SOUP

May this recipe warm and nourish you.

Olive oil
1 yellow onion, chopped (1 ½ cups)
8 garlic cloves, finely chopped
2 sprigs of rosemary, whole
Kosher salt and black pepper to taste
3 (15-oz.) cans lower-sodium cannellini beans, drained and rinsed
4 cups vegetable broth
1 dried bay leaf
3 cups packed roughly chopped Swiss chard (stems and ribs removed; from 1 [8-oz.] bunch)
Shaved Parmesan cheese

Directions: (Cook time approx 30 min start to finish)

Heat oil in a Dutch oven over medium-high. Add onion. Cook, stirring occasionally, until soft and translucent, 5 to 7 minutes. Add garlic, salt, and pepper. Cook and stir for 1 minute. Add beans, broth, rosemary and bay leaf. Bring mixture to a boil. Reduce heat to low; simmer 15 minutes. Remove and discard bay leaf and rosemary sprigs (or leave in pot – just don't eat them later!) *[Optional: Blend 2 cups of soup in food processor until completely smooth, 1 minute. Return pureed mixture to soup and bring to a simmer.]* Stir in chard. Cook, stirring often, until wilted and softened, 2 to 3 minutes. Garnish with Parmesan. Eat with giant helpings of crusty, local bread.

From 2021 Soup & Hope Speaker, Sarah Brylinski