



**AUTHENTIC ITALIAN
RESTAURANT AND BAKERY**



ZUPPA MISTA DI LEGUMI

**Yield 7 cups
Serves 4-6 people**

- 1 pkg.** Il Fornaio Zuppa Mista di Legumi (250 g.)
- 4 cloves** Garlic (whole & peeled)
- ½ med.** Onion (peeled & cubed)
- 1 sprig** Rosemary (fresh)
- 5 sprig** Sage (fresh, 18 leaves)
- 1 med.** Carrot (peeled & cubed)
- 2** Celery stalk (diced)
- 2 med.** Tomato, Roma (peeled & chopped)
- 2 TBS.** Parsley, Italian (fresh)
- 2 TBS.** Extra-virgin olive oil
- 1 pinch** Red crushed peppers
- 1 pinch** Salt
- 1 pinch** Black pepper
- 11 cups** Water

PRE-PREPARATION

Soak the zuppa mista beans in 5 cups of water overnight (or for at least 12 hours). Make sure to change out the water at least once.

COOKING INSTRUCTIONS

Drain the beans, making sure to rinse them in a strainer. Combine in a pot with 6 cups of water, 2 cloves of garlic, 4 sage leaves, ½ sprig of rosemary and a pinch of salt then bring to a boil. Simmer for 20 minutes or until beans are almost cooked then strain making sure to reserve the water. Remove sage, rosemary and garlic then discard. In another sauce pan, combine the extra virgin olive oil, chopped garlic and onions. Cook for 1-2 minutes then add the remainder of the vegetables, finely chopped herbs and red crushed peppers (make sure to cut tomatoes in half and remove seeds before chopping.) Cook for 2-3 minutes. Add precooked beans and the reserved water then cook for another 8-10 minutes or until beans are fully cooked. Adjust salt and pepper as needed.

Optional steps (for thicker soup):

Puree 1/3 of the soup in a blender and then combine with remainder of Zuppa. Bring to boil and adjust with salt and pepper.

You can also substitute 6 cups of chicken broth for the 6 cups of water.

Note:

Zuppa Mista di Legumi is entirely vegan and makes 7 cups or 4 to 6 servings. Serve with 1 tablespoon/person of grated parmesan cheese and drizzle with extra-virgin olive oil, fresh ground pepper, ciabatta bread and a glass of Il Fornaio Chianti

Buon Appetito!

Maurizio Mazzon