

# WHITE BEAN SOUP WITH SWISS CHARD, BUTTERNUT SQUASH AND FARRO

*Yield: 6 servings*

<b>Ingredients</b>	<b>Amounts</b>
Dry white kidney (cannellini) beans, sorted*	1 cup
Water	as needed
Swiss chard, green	1 bunch
Leek, sliced thinly, white part	1 cup
Garlic, minced	1 Tbsp
Farro	½ cup
Vegetable broth, or water	2 quarts
Kosher salt	2 Tbsp
Fresh ground pepper	½ tsp
Bouquet garnis Parsley stems, bay leaf, thyme sprig wrapped in leek leaf with twine	1 each
Butternut squash, peeled, small dice	2 cup
Lemon juice	1 Tbsp
Extra virgin olive oil	1/4 cup

## **Method**

1. Soak beans overnight, refrigerated. Drain.
2. Strip the Swiss chard leaves from their stems and chop the stems into ½-inch pieces.
3. Roll up the leaves and slice into ¼-inch strips.
4. Place the chard stems, beans, leeks, garlic, farro, broth, salt, pepper, and bouquet garnis in a pressure cooker, crock pot or heavy bottom soup pot.
5. Bring to a simmer, and gently cook on low, covered, until the beans are slightly underdone and the farro is fully cooked. The time will vary: pressure cooker will take about 15 minutes, and stovetop will take about 45 minutes.
6. Remove the bouquet garnis.
7. Add the butternut squash and the chard leaves and cook until beans, squash and leaves are fully tender, about 10 more minutes on stovetop, and 5 more minutes for pressure cooker.
8. Stir in lemon juice, and adjust seasoning to taste.
9. To serve, garnish bowls of soup with extra virgin olive oil.

Note: White kidney beans and cannellini beans are the same type of bean.