

# KITCHEN AFFAIRS

*for the serious cook*

WOODLAND CENTER  
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## **QUICK WHITE BEAN SOUP**

(Serves 12)

1 medium onion, finely chopped  
4 ribs celery, finely chopped  
2 small carrots, finely chopped  
2 TableSpoons olive oil, for sautéing  
1 bone country ham, with scraps, or 1/2 cup finely chopped country (dry-cured) ham  
4 (15-ounce) cans navy beans, or Great Northern beans, with their liquid  
Water or broth, as needed  
1/4 cup chopped fresh cilantro  
Freshly ground black pepper, to taste

With all the vegetables (except the beans) finely chopped, heat the oil in a soup pot. Add the vegetables and sauté them until the onion is transparent. Add the canned beans with their liquid and the country ham (bone). Add enough additional water or stock (ham, chicken or vegetable) to make about 3½ to 4 quarts of soup. Stir in the cilantro and grind fresh pepper over the soup to your taste. It will stand a lot of pepper. Simmer for 30 to 60 minutes.

This is a quick and hearty soup that can be made with almost any canned bean, varying only the herbal seasoning to suit your taste.