



Pinto Bean Soup with Salami and Vegetables

Serves 4-5—you can easily double this for leftovers

Ingredients

- ½ pound pinto beans,
- ½ large white onion, diced 1/3 inch
- 2 medium carrots, washed-then peeled and cut into ½ inch pieces
- 1 peeled parsnip, cut the same size as the carrots
- 1 rib celery, washed and cut into ½ inch pieces
- Half a bunch of fresh dill
- 2 cups beef broth (I used Better than bouillon to make this, follow the directions for 2 cups)
- 3 cups water
- 3 bay leaves
- 1 tsp tomato paste
- Fresh ground black pepper
- 2 ounces salami, cut into ½ inch cubes and lightly sauteed
- 1 small russet potato, peeled and diced 1 inch

Instructions

Sort and rinse the beans. Cover with water by two inches, bring to a boil for two minutes then cover and remove from the heat and let it sit for at least two hours. Then drain and proceed.

Begin by sautéing the onion in about a tablespoon of extra virgin olive oil and sauté for 4 minutes until it is soft. Add the cut carrots, celery and cook another few minutes. Then add the previously soaked beans, broth, water, tomato paste, bay leaves and pepper.

Bring everything to a boil, then lower the heat to low and cover the pot for about an hour. I stirred my soup every time I walked by. After the hour is up, add the slightly cooked salami and the cubes of potato. Let the soup cook another ½ hour on low with the lid on, checking that the you don't need to add water. Taste for seasoning and add what you need. (I never add more salt since the broth and salami both have salt in them.) The soup thickens as it sits, so add water or broth if you want a soupier soup.

Serve with a nice loaf of bread or crackers and a light lettuce salad. I plan to have leftovers over previously cooked brown rice for lunch tomorrow!