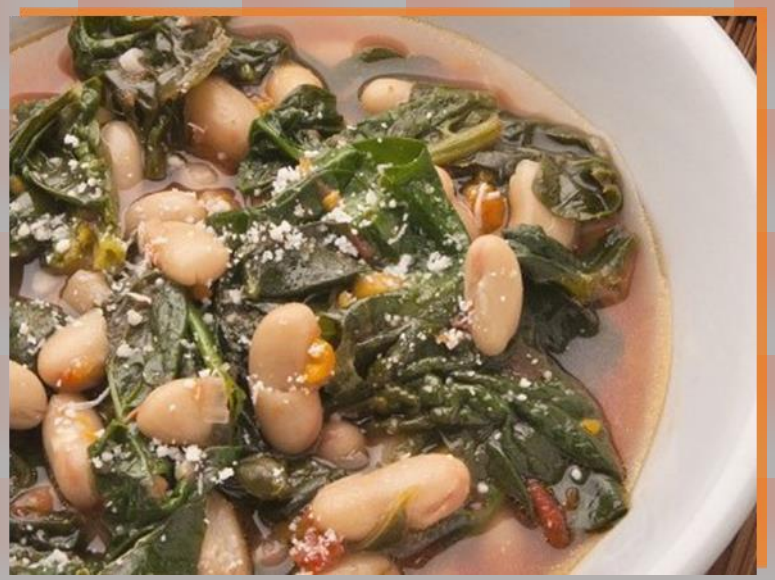
Soup and Beans (Menestra e fasuli)



Ingredients for 4 :

- *chicory* •*chard*
- *cardoons (artichoke thistle)*
- *wild fennel*
- *garlic* •*dried kidney beans*
- *Mediterranea EV Olive Oil*
- *chilli pepper (to taste)*

1. *After soaking for 12 hours, cook the beans in salted water, adding a garlic clove and 2 tablespoons olive oil.*
2. *Wash the vegetables under running water and boil in a pot with little water for 5 minutes, then drain.*
3. *Drain the kidney beans, setting aside the cooking water, which will be needed later.*
4. *In a large (preferably aluminium) pan, add a little olive oil and an unpeeled, crushed clove of garlic, sautè without burning it*
5. *Add the soup and the beans, stirring then adding the chilli pepper. After a few minutes, add a soup ladle of the bean cooking water, on spoon at a time, letting the soup simmer over a medium heat for about 15 minutes.*

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