GREEK · LUNCH · DINNER

Fasolada: Greek White Bean Soup in 30 Minutes

40 min · Serves 6 · 330 kcal a serve · Video 8:41 · Dimitra's Dishes

Vegetarian · Gluten-free ingredients · No nuts listed

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White beans make each bowl high in fibre (about 10 g) with plant protein, iron and folate; with carrots, celery and tomato it is a filling one-pot meal without cream or meat, and vegan if you leave off the feta.

Diet notes: Vegan if you leave out the feta; DASH-friendly with less salt: up to a pinch a serve; No dairy if you leave out the feta.

Ingredients 15 · SERVES 6

- [ ] 60–80 ml **olive oil**
- [ ] 3 **carrots**, diced
- [ ] 2–3 **celery** stalks, diced
- [ ] 1 **onion**, finely chopped
- [ ] 5–6 **garlic** cloves, chopped
- [ ] 1 × 800 g can **crushed tomatoes**
- [ ] ¼–½ tsp **sugar**
- [ ] 2 × 425 g cans **white beans** (navy, great northern or cannellini), drained and rinsed
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] ¼ tsp **crushed red pepper flakes**, or to taste
- [ ] 1 tsp **dried oregano**
- [ ] 1.4–1.9 L **water or vegetable broth**, enough to cover the beans
- [ ] 15 g finely chopped **fresh parsley**
- [ ] crumbled **feta**, to serve (optional; about 15 g a bowl)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the onion, celery, carrots and garlic in a pot with a pinch of salt and the olive oil. Cover and cook over medium heat 10–12 minutes, stirring often, until soft. 2:54
2. Add the crushed tomatoes, sugar, salt, pepper, chilli flakes and oregano and stir. 4:12
3. Drain and rinse the beans and add them, then pour in enough water or broth to cover by about 2.5 cm. Bring to the boil. 4:51
4. Reduce to medium and cook 15–20 minutes until the soup thickens a little and the flavours come together. Taste and adjust the seasoning. 5:12
5. Stir in the parsley. Serve with toasted bread, olives and a little feta, and a squeeze of lemon or splash of vinegar if you like. 5:50

> **Tip** Freezes well for up to 3 months, so make a double batch; thin with a little water when reheating. Use 60 ml oil for a lighter soup. Soaked dried beans work too; cook them 45–60 minutes first.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
330 kcal 1,380 kJ	13 g 27% of a day	39 g 30 g net · 9.5 g sugars 14% of a day
FIBRE	**FAT**	**SODIUM**
9.8 g 35% of a day	15 g 3.8 g saturated 19% of a day	920 mg 40% of a day

Energy from net carbs 39% · protein 17% · fat 44%

High in (20%+ of a day) Vitamin K 55% · Vitamin A 39% · Iron 31% · Vitamin E 28% · Folate 28% · Vitamin B6 24% · Potassium 23% · Vitamin C 23% · Magnesium 21% · Zinc 20%

Source of (10–19%) Calcium 18% · Omega-3 13% · Vitamin B12 11%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=USwVm0q7H4M, published 6 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/express-fasolada