

Minestrone With Fennel and Wild Garlic

Swick

Makes 8 servings | Active Time: 35 minutes | Total Time: 1 hour 30 minutes

Step 1: Making the Dish

- 1/4 cup red beans, dried or canned
 - 1/4 cup chickpeas, dried or canned
 - 1/4 cup dried fava beans
 - 1/4 cup lentils
 - 2 large potatoes, peeled and cut into 1-inch cubes
 - 1 onion, chopped
 - 1 bunch beet or Swiss chard leaves
 - 2 fennel bulbs and stalks, washed and chopped
 - 1 fresh tomato
 - 2 garlic cloves
 - 1 stalk celery, chopped
 - 2 cups cubed pumpkin or other squash (zucchini, yellow, butternut, acorn)
 - 4 to 5 stalks wild garlic, garlic scapes, or garlic chives
 - 1/4 cup fregula pasta
 - 3 quarts water
- If using dried beans:
Soak beans at least 6 hours, or overnight; drain and rinse.
Peel the fava beans by squeezing each one between your thumb and other fingers. The skins should slip off pretty easily.
In a soup pot, simmer beans in water to cover for 45 minutes to 1 hour, adding lentils after 30 minutes.
Drain beans and lentils.
If using canned beans:
Rinse and simmer beans and lentils in water to cover for 30 minutes, then drain.
- For the minestrone:
In large soup pot, combine beans with all vegetables in water and bring to a boil.
Lower heat to medium-low and simmer for 15 minutes.
Add fregula and simmer for another 15 minutes.
Serve with crusty bread and a drizzle of olive oil.