

Cooking up Culture



White Bean and Tomato Soup (Fasolatha)
by Dina and Katina Giannakopoulos



“Versions of this soup are made throughout Greece. It is a simple soup that is a staple in almost every Greek kitchen.

“Mum used to make Fasolatha regularly as we were growing up, especially in the winter as it is a warming and nourishing soup. It is sometimes known as the comfort food of Greece.

“It is also a recipe we make during Lent as it does not contain meat or dairy. Lent in the Greek Orthodox tradition requires you to fast from meat and dairy for 40 days.”

Ingredients

**500g dried white beans
(dried Cannellini beans –
or other small white beans)**

**Approx. 5 tablespoons
olive oil**

1 large onion, diced

1 stick of celery, diced

2 carrots diced

**1 large potato diced
(this will add a thick
and creamy texture to
the soup)**

5 tablespoons of passata

Salt and pepper

**Finely chopped parsley
to sprinkle on top**

Method

Soak beans overnight (this will help reduce the cooking time).

Heat the olive oil and sauté onion and vegetables.

Add the beans and sauté for a few minutes.

Add passata and approx. 5 cups of boiling water (enough water to cover the ingredients).

Bring to the boil then simmer until the beans and vegetables are cooked and tender (this will depend on the type of beans you use).

Season with salt and pepper.

Serve with a sprinkle of finely diced parsley.

Enjoy with a glass of Retsina – OPA!

**This dish can also be made in a pressure cooker.*