

# Zuppa Etrusca

**Prep Time:** 45 minutes (not including bean soaking time)

**Cook Time:** 45 minutes

**Yields:** 4 servings

## Ingredients

2 tbs extra virgin olive oil, plus additional oil for drizzling over finished soup  
4 spring onions or scallions, sliced  
1 leek (white part only) sliced  
2 garlic cloves, minced  
1 tsp dried fennel seeds, lightly pounded in a mortar  
2 medium carrots, diced  
2 stalks celery diced (use the lighter, tender interior stalks)  
2 small yellow potatoes, peeled and diced  
2 small zucchini, diced  
4 leaves Swiss chard, stems removed, torn into 1-inch pieces  
4 leaves Lacinato kale, stems removed, torn into 1-inch pieces  
1 herb bouquet of thyme, bay leaf, sage, and rosemary  
1 quart vegetable stock, or as needed  
Salt and freshly-ground pepper

## Bean ingredients:

1 cup Canario or Peruano beans, soaked overnight  
1 garlic clove  
1 sage leaf  
1 small piece of kombu  
½ tsp of salt

## Buckwheat ingredients:

½ cup of buckwheat groats  
1 cup of water  
¼ tsp of salt

## To Serve:

4 slices of day-old crusted whole-grain bread  
1 tbs chopped fresh flat-leaf parsley  
Tender yellow celery leaves  
Extra virgin olive oil for drizzling



*Recipe continues*

## Zuppa Etrusca, (continued)

### **Steps: for the Beans**

1. Rinse the beans from soaking water and place in a saucepot with garlic, sage and kombu, covering with at least 2 inches of water.
2. Season with ½ tsp. of salt and simmer until tender, (about 15 minutes).
3. When tender, drain the beans from their liquid and set aside.
4. Discard the kombu and sage or chop them to add to the soup.
5. Put half the beans through a food mill, then combine the bean puree and the whole beans and set aside.

### **Steps: for the Buckwheat**

1. *In a small saucepot, bring water to a boil. Add the buckwheat groats and salt.*
2. *Return to boil, then reduce the heat, cover and simmer until tender (10-15 minutes).*
3. *Drain any remaining water.*

### **Steps: for the Vegetables**

1. *In a Dutch oven over medium-high heat, add the olive oil, onions, leeks, garlic, celery, carrot, and the fennel seeds. Sauté for 10 minutes, or until the vegetables are softened but not browned.*
2. *Add the herb bouquet, potatoes, zucchini, greens, and the reserved bean cooking liquid. Simmer for about 15-18 minutes.*
3. *Add the beans and buckwheat and cook for another few minutes to meld the flavors. If the soup is too thick, add vegetable stock as needed. Discard the herb bouquet.*

### **To Serve**

Put a slice of bread in the bottom of each serving bowl. Ladle the soup over the bread. Then drizzle with extra virgin olive oil and garnish with fresh herbs.

### **Notes**

- Any combination of legumes, grains, and greens can be used in this recipe.
- Make ahead -- this dish is even better the next day!

**Recipe by Jessica Botta, Montgomery College Hospitality Program**