



Cooking time: 15 minutes active, 2.5 – 4 hours inactive

Serves 4-6 as a main course

2 and 1/2 cups short grain rice, rinsed*

2-3 cups of [beans](#) - *I lean towards Italian for this soup; I love these [Cicerchia](#) for how flavorful of a broth they leave behind*

1 bone, rich in cartilage and/or 2-6 chicken wings - *If you can get a roasted bone from your butcher, even better*

1 carrot

1 leek or yellow onion cut in half - *If using a leek, cut lengthwise to expose its layers and rinse away any dirt*

2 celery stalks

2 bay leaves

20 or so peppercorns

Salt and pepper

Parmesan or pecorino cheese, olive oil, and/or baguette
for serving

Bean Broth Soup

***Note from Chérie:** If you can, source high-quality beans. I like Rancho Gordo and anything grown outside of the U.S. I can get my hands on. You have the option to remove the vegetables at any time; if you do, be sure to add them back to your pot just before salting. I like to let them cook the entire time because they take on so much flavor and I enjoy how soft they become.*

Rinse and strain beans of any debris. Soak for 2-6 hours. (The longer they soak, the shorter their cooking time.) Meanwhile, fill a large pot with water and add the bone(s), carrot, leek or onion, celery, bay leaves, and peppercorns. Bring to a light boil then reduce to a simmer.

Keep an eye on your stock while it simmers. Checking every 30 - 45 minutes is a good baseline. Maintain a simmer by either turning down the heat, keeping the lid ajar, or adding ~1/2 cup of fresh water.

When you're ready to add the beans, give them one final rinse before adding them to your stock pot.

After about an hour and a half, at which point the stock has simmered for ~3.5 hours, taste a few beans to see if they're done. They'll likely need another 30 - 90 minutes, but it's good to check in early to see where they're at. A bean that is done will be creamy inside, and it's perfectly fine, almost necessary, for a handful to break their skin.

Once the beans are almost done, salt generously and gently simmer for a final half hour to develop flavor. Once done, remove the vegetables with tongs and chop them into bite-size pieces. Place back into your pot and give your bean soup one final stir.

Serve as is or topped with olive oil, pepper, and parmesan or pecorino cheese, alongside steamed rice or a few slices of fresh bread.

SOURCE: THESAVORY.SUBSTACK.COM