Butter Bean Carrot Soup

About 8 cups/1.9 L soup, four large bowls, with bread · Active 20 min · Total 45 min

Skills: Simmering even root-vegetable pieces and thickening soup by partial mashing

Ingredients

- 1 tablespoon olive or neutral oil (15 ml)
- 1 medium onion, chopped (150 g)
- 1 garlic clove, finely chopped (3 g)
- 1 lb 2 oz carrots, trimmed and cut into 1/2-inch/1 cm dice (500 g prepared)
- 1/2 teaspoon dried thyme (0.5 g)
- 3 3/4 cups water (900 ml), plus up to 1/2 cup/120 ml only if needed after mashing
- 2 cans cooked butter beans, each 15 oz/425 g net, drained and rinsed (480 g total drained)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- 4 substantial slices sound bread (200 g total), to serve

Set out

Saucepan, at least 3 qt/3 L, Potato masher or fork and broad heatproof bowl, Strainer, Knife and board, Ladle

Allergens

wheat. Check labels and substitutions.

Make it

1. Heat the oil in the saucepan over medium heat. Cook the onion for 7–8 minutes until soft, then add garlic for 30 seconds.

2. Add carrots, thyme, 900 ml water, salt and pepper. Bring to a simmer, partly cover and cook for 15–20 minutes until the largest carrot pieces are tender.

3. Add drained butter beans and simmer for 5 minutes until hot. Press the masher gently into one side of the soup a few times, breaking about a third of the beans and some carrot. Leave the rest of the beans whole.

4. Stir and check the body. Add up to 120 ml extra water a little at a time only if too thick, then simmer for 2 minutes. Taste a cooled spoonful. Divide all the soup among 4 bowls and serve each with a bread slice.

If only a smaller carrot amount arrives

Do not make a thin four-person pot by silently halving the carrots. Halve the whole recipe for two bowls, including one drained can of beans and two bread slices.

Ingredient labels

Ordinary bread supplies wheat and may also contain milk, egg, sesame or soy. Check beans, bread and dried herbs for their actual added ingredients and label information.

A useful detail

The volume is approximate because carrots and beans vary in size and mashing changes the body. Divide the full pot into four portions rather than measuring one small cup and leaving the rest uncounted.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat a portion to 165°F/74°C throughout, stirring from the bottom and loosening with a little water if needed. Freeze promptly cooled portions for up to 2 months; thaw in the refrigerator. Keep bread dry and separate.