

Sue's Savory Recipes

Herb of the Year 2015

Bulgarian Bean Soup

YIELD: Makes about 5 quarts

INGREDIENTS:

1 pound dried Great Northern beans, soaked in water for about 6 hours, rinsed and then cooked in water for 45 minutes to an hour until tender

2 tablespoons olive oil

1 1/2 cups diced onion

1 1/2 cups diced carrot

1 1/2 cups diced celery

2 cloves garlic minced

1/4 to 1/2 teaspoon crushed red pepper flakes

2 tablespoons sweet Hungarian paprika

1 tablespoon salt

1 teaspoon black pepper

5 cups water

5 cups unsalted chicken broth

3 tablespoons minced fresh winter savory (or one teaspoon dried savory)

Additional salt, black pepper and paprika for reseasoning

DIRECTIONS:

After cooking your beans, heat the olive oil in a large soup pot and add the onion, carrot celery and garlic. Cook over medium heat until the onion softens. Add the crushed red pepper, paprika, salt and black pepper and continue to saute for just a few more minutes. Add the water and chicken broth, bring up to a boil and simmer for about an hour, partially covered. Turn the heat off from under the soup pot and stir in the beans and savory. Using an immersion blender, blend the soup for just a minute to break up some of the beans. (Alternatively remove about a cup of the beans to a bowl and mash them with a

fork and then return them to the pot) Return the soup to a simmer and reseason with salt, pepper and paprika.

NOTE: This soup is best when made very early in the day or even the day before serving.

Yellow and Green Bean Salad with Olives, Cherry Tomatoes and Summer Savory

YIELD: Makes 4 servings

INGREDIENTS:

3 cups mixed-colored string beans, trimmed

2 1/2 cups cherry tomatoes, halved

1/3 cup pitted kalamata olives

1 clove garlic, finely chopped

1 sprig summer savory, chopped

1 tablespoon extra-virgin olive oil

1/2 teaspoon red wine vinegar

PREPARATION:

Bring a medium pot of salted water to a boil. Cook beans until cooked through but firm, about 7 minutes; rinse with cold water. Mix remaining ingredients in a bowl; add beans and toss. Serve.