



Recipe Category / Soups

# Velvety bean soup

15'

Hands on

12 hours'

Hands off

90'

Cook Time

2

Portion(s)

1

Difficulty



## Ingredients

- 200 g beans
- salt
- 2 tablespoon(s) olive oil
- 2 slices bacon
- 400 g water
- pepper
- 100 g heavy cream 35%
- 50 g butter

To serve

- 1 tablespoon(s) chives, finely chopped
- pepper
- 2 tablespoon(s) [croutons](#)

## Διατροφικός πίνακας

Nutrition information per portion

700 Calories (kcal)	44.0 Total Fat (g)	26.0 Saturated Fat (g)	42.0 Total Carbs (g)
35%	63%	130%	16%
4.1 Sugars (g)	26.0 Protein (g)	17.0 Fibre (g)	0.55 Sodium (g)
5%	52%	68%	9%

## Method

- Add the beans into a [bowl](#) and fill it with enough water to cover them.
- Add 1 level teaspoon of salt, stir lightly, and set the beans aside to soak for 8-12 hours.
- Drain the beans, rinse them with cold water to clean them, drain again, and set them aside.
- Heat the olive oil in a [pot](#) over medium heat.
- Finely chop the bacon and sauté it for 2 minutes. Set a little bacon aside to serve.
- Add the beans into the pot along with the water and simmer for 1 to 1 ½ hour.
- Add salt, pepper, and remove the pot from the heat.
- Beat the soup with an immersion blender until the beans are completely dissolved.
- Transfer the pot back on heat, add the heavy cream, the butter, and let the mixture come to a boil.
- Serve with the bacon you've set aside, finely chopped chives, freshly ground pepper, and croutons.