

# Indulgence

with  
chris sprague

*This soup is hearty and satisfying on its own, for lunch or dinner. I can't think of anything better on a cold winter evening than a large bowl of this soup with a loaf of freshly baked Italian bread.*

## Tuscan Bean and Vegetable Soup

1 pound small navy beans	2 large onions, coarsely chopped
14 cups of beef stock	1 fennel bulb, coarsely chopped
3 tablespoons olive oil	2 pounds savoy cabbage, shredded
3 ounces prosciutto, chopped	¼ cup tomato paste
½ cup chopped Italian parsley	½ teaspoon crushed red pepper flakes
2 garlic cloves, minced	1 bay leaf
2 large carrots, coarsely chopped	½ cup long-grain rice
Fresh-grated Parmesan cheese	

Put the beans and beef stock in a kettle, and bring the stock to a boil. Reduce the heat, and simmer for 1 hour and 15 minutes, or until the beans are tender.

Meanwhile, heat the olive oil in a large skillet. Add the prosciutto, parsley, and garlic, and sauté, stirring frequently, for 10 minutes. Add the cabbage, tomato paste, and crushed red peppers, and sauté, stirring frequently, for 5 minutes more.

Add the sautéed vegetables and the bay leaf to the kettle. There should be enough stock in the pot to cover the vegetables; if not, add more stock. Bring soup to a boil. Add the rice, stirring with a wooden spoon. Cover the pot, turn the heat down to medium-low, and cook for 17 minutes, stirring often.

Serve the soup hot, sprinkled with the grated Parmesan cheese.

*Serves 12*