

Fassoulada

(Beans soup)

Ingredients

1 cup of small dry (white) navy beans
1 large stalk of celery, halved lengthwise then cut into 1/2 inch pieces
1 large carrot, halved then cut into 1/2 inch pieces on a bias
2 medium onions, diced
1/2 cup of pomodoro or tomato sauce
1/2 olive oil
2 bay leaves
1 whole chile pepper
2 tsp. of smoked paprika
8 cups of water
Seasoning for taste

Preparation

1. The night before you are to make this soup, soak the beans in water overnight.
2. Drain the water from the beans and place them into a pressure cooker. Now add all of the remaining ingredients into the pressure cooker.
3. Close the lid of your cooker (according to mfgs' instructions) and place in on high heat. You should have the cooker whistling in about 20 minutes.
4. Lower your heat to medium and allow the soup to simmer in the cook for an hour. Take your cooker off the heat, release the steam switch and ONLY open the cooker after you cease to hear any whistling.
5. Adjust for seasoning with with salt.

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Every single Greek person that I know and every single household has this hearty (usually vegetarian) soup in their family's roster of dishes. Fassolada (or fassoulada) is often served on Wednesdays or Fridays when no meat is allowed, during Great Lent or on any other religious fasting day.

If you take a look at the photos, Fassoulada is accompanied by bread, onion, olives and toursi (pickled veggies). Some Greek homes make this a spicy soup with a noticeable presence of peperoncino.

