

How to Make Authentic Zuppa di Fagioli alla Toscana

Some recipes are more than just food; they are a taste of history and tradition. This



TIME
8-10 min

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INGREDIENTS

- 300g dried cannellini beans
- 1 medium onion
- 1 large carrot
- 1 stalk of celery
- 2 cloves of garlic
- 400g canned peeled tomatoes or tomato purée
- 1 fresh rosemary sprig
- 2 bay leaves
- 4 tablespoons extra virgin olive oil
- Salt and black pepper to taste
- Vegetable broth (about 1 liter)
- Toasted bread croutons for serving

DIRECTIONS

- 1. Prepare the : Beans:** Place the dried cannellini beans in a large bowl and cover them with cold water. Let them soak for at least 8 hours or overnight. Drain and rinse the beans thoroughly before use.
- 2. Prepare the : Soffritto:** In a large, heavy-bottomed pot, heat the extra virgin olive oil over medium heat. Finely chop the onion, carrot, and celery, and mince the garlic. Add these vegetables to the pot and sauté until they are soft and translucent, about 8-10 minutes.
- 3. Cook the : Soup:** Add the drained and rinsed beans to the pot, along with the canned peeled tomatoes, the fresh rosemary sprig, and the bay leaves. Pour in enough vegetable broth to cover everything completely. Bring the soup to a boil.
- 4. Simmer:** Reduce the heat to low, cover the pot, and let it simmer gently for about 1-1.5 hours. The soup is ready when the beans are tender and the liquid has thickened. Stir occasionally and add more broth if the soup becomes too thick. Season with salt and pepper to taste.
- 5. Serve:** Ladle the hot soup into bowls. Drizzle with a little extra virgin olive oil and top with toasted bread croutons for a rustic, crunchy finish.

SWAPS & NOTES

Beans: While cannellini beans are traditional, borlotti or other white beans would also work beautifully here.

Broth: Using a good quality vegetable broth adds a wonderful

depth of flavor.

Herbs: Fresh rosemary is key for this soup's authentic flavor.
If you don't have it, a teaspoon of dried rosemary would work in a pinch.

TIPS FOR SUCCESS

Soak the Beans: Don't skip the overnight soak.

It significantly reduces the cooking time and makes the beans more digestible.

Low and Slow: This soup is all about patience.

The low and slow simmering time is what allows the flavors to truly meld together.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-to-make-authentic-zuppa-di-fagioli-alla-toscana/>