

# Dried Fava Bean and Fresh Fennel Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



109 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 servings pepper black freshly ground to taste
- 1 package precooked polenta tube prepared (or rice or other grain)
- 0.3 teaspoon pepper red crushed
- 1 pound avarakkai / broad beans (or other beans)
- 2 fennel bulb
- 1 teaspoon fennel seeds
- 6 servings salt to taste
- 3 quarts water divided

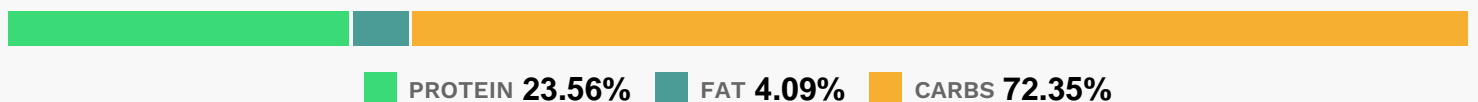
## Equipment

- frying pan
- pot
- grill

## Directions

- Drain. (If you're using unpeeled fava beans, peel them now.)
- Put the fava beans into a large pot with 2 quarts of water, the fennel seeds, and salt to taste (about 1 teaspoon). Bring to a boil; reduce heat to very low and simmer, uncovered, until beans start to break down, about 1 to 2 hours. As they cook, mash them against the bottom and sides of the pot to form a coarse puree. Keep cooking until beans are thick and porridge-like: While the beans are cooking, prepare the fennel by removing the tops from the bulbs and chopping the feathery fronds. Measure out 2 tablespoons and set aside.
- Remove the thick outer layers from the bulbs and quarter.
- Cut out the tough core that begins in the middle of the bulb and extends to the bottom: Slice the bulbs thinly and set aside. Once the beans have broken down and become thick, add the fennel slices, 1 1/2 tablespoons of the chopped fronds, the red pepper flakes, and 3 cups of the remaining water. Cook uncovered until the fennel is tender, about 30 minutes, adding more water if it gets too thick.
- Add salt to taste.
- Serve over cubes of grilled polenta, chunky pasta, rice or other whole grain, sprinkled with freshly ground black pepper and the remaining 1/2 tablespoon of chopped fennel. Note: To grill polenta, cut into slices and cook in a lightly-oiled, non-stick skillet until golden on both sides.
- Cut into cubes to serve.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:7.73, Inflammation Score:-5, Nutrition Score:11.076521800912%

## Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 109.07kcal (5.45%), Fat: 0.52g (0.81%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 14.16g (5.15%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 263.47mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Vitamin K: 51.43µg (48.98%), Fiber: 6.69g (26.75%), Manganese: 0.5mg (25.19%), Folate: 99.72µg (24.93%), Copper: 0.33mg (16.44%), Potassium: 534.2mg (15.26%), Phosphorus: 135.55mg (13.55%), Magnesium: 52.09mg (13.02%), Vitamin C: 9.66mg (11.71%), Iron: 1.79mg (9.95%), Calcium: 84.46mg (8.45%), Zinc: 0.98mg (6.56%), Vitamin B2: 0.09mg (5.55%), Vitamin B1: 0.08mg (5.52%), Vitamin B3: 1.07mg (5.34%), Vitamin B6: 0.09mg (4.74%), Selenium: 2.54µg (3.63%), Vitamin E: 0.5mg (3.34%), Vitamin B5: 0.3mg (3.02%), Vitamin A: 141.62IU (2.83%)