

Escarole and Bean Soup

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 32 oz cartons organic chicken stock
- ½ teaspoon Italian seasoning or parsley
- ½ teaspoon red pepper flakes
- 1 cup uncooked orzo pasta (optional)
- 2 bunches escarole, rinsed and coarsely chopped
- 1 15 oz can cannellini beans, rinsed and drained
- ½ cup grated Pecorino Romano (or Parmesan) cheese
- 1-2 cups of cubed/shredded chicken (optional)

Directions

1. Heat olive oil over medium heat.
2. Add onion and garlic; cook and stir until tender.
3. Add broth and seasoning, bring to boil.
4. Reduce heat, simmer, uncovered, 15 minutes.
5. Stir in orzo if using.
6. Stir in escarole.
7. Return to a boil, cook 12-14 minutes until orzo is cooked and escarole wilted.
8. Add beans, heat through, stirring occasionally.
9. Add cooked chicken, if desired at the end, to warm.
10. Sprinkle each bowl with cheese when serving.

Mary-Beth says: *"If you are like me, you will need a whole lot more than ½ cup of the Pecorino Romano cheese!"*