

Spring White Bean & Vegetable Stew

Yield: 4 Servings

Ingredients:

- 1 tsp. Coriander seeds
- 1 tsp. Fennel seeds
- ½ tsp. Black peppercorns
- ¼ cup Virgin olive oil
- 4 Garlic cloves, thinly sliced
- 6 Scallions, coarsely chopped
- ½ Serrano chile, thinly sliced (optional)
- 2 2x1" Strips lemon zest
- 2 Large leeks, halved then large dice
- 1 Fennel, halved lengthwise, large dice
- 1 28 oz. can Petit Diced tomatoes
- 6 cups Chicken or vegetable broth or stock
- 1 15.5-oz. can cannellini beans, rinsed
- 5 oz. Sugar snap peas, blanched then thinly sliced on a diagonal
- 1 bu. Green asparagus, woody stems removed, blanched, bias cut
- Kosher salt
- 2 cups Baby spinach
- 1 cup Shelled fresh English peas (from about 1 lb. pods) or frozen peas, thawed

4 slices French bread ½' bias brushed with garlic oil & sprinkled parmesan cheese baked

Preparation:

1. Coarsely grind coriander seeds, fennel seeds, and peppercorns in spice mill or with mortar and pestle. Cook oil, garlic, and ground spices in a large saucepan over medium heat, stirring often, until garlic is softened but not crisp, about 2 minutes. Add scallions, chile (if using), and lemon zest and cook, stirring occasionally, until scallions are softened and almost completely charred, 5–7 minutes.
2. Add leeks and fennel and allow to sweat until soft. Add diced tomatoes and cook for 3-5 minutes (roasting).
3. Pour 6 cups stock or broth into saucepan, increase heat to medium-high, and bring to a simmer. Add beans, sugar snap peas, and asparagus. Reduce heat to medium. Stirring occasionally, for about 5 minutes. Add spinach and English peas then continue to cook, stirring, just until spinach is wilted, about 10 seconds; season with salt and freshly ground black pepper.
4. Place crispy croutons and then divide soup among bowls.

Note: Soup can be made 2-3 days ahead. Transfer to an airtight container and chill.