

WHITE BEANS with AUTUMN LEAFY GREENS

Haricots Blancs à la Feuille d'Automne

Prep Time: 15 minutes

Cook Time: 35 minutes

Yield: 4-6 servings

Source: The Gilded Table – September Edition



Recipe Description

A rustic yet refined autumn soup where tender white beans mingle with buttery garlic, fresh spinach, and fragrant herbs. Finished with Parmesan and a hint of warm spice, it's the perfect bowl for crisp September evenings.

Ingredients

- 2 tbsp unsalted butter (or olive oil)
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 4 cups chicken broth (or vegetable broth)
- 2 cups water
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (15 oz) white beans (cannellini or Great Northern), drained and rinsed
- 4 cups fresh spinach, coarsely chopped
- ½ tsp ground nutmeg
- ¼ tsp ground cinnamon (*optional, for a warm autumn note*)
- ½ tsp dried thyme or 1 tsp fresh thyme leaves
- Salt & freshly ground black pepper, to taste
- ½ cup freshly grated Parmesan cheese, plus extra for serving



Inveniam viam aut faciam.

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Directions

1. **Sauté the aromatics:** In a large pot over medium heat, melt butter (or warm olive oil). Add onion and cook until translucent, about 5–6 minutes. Stir in garlic and cook 1 more minute until fragrant.
2. **Build the broth:** Pour in chicken broth and water. Bring to a gentle simmer.
3. **Add the beans:** Stir in chickpeas and white beans. Simmer for 10 minutes to allow flavors to meld.
4. **Season:** Add nutmeg, cinnamon (if using), thyme, salt, and pepper. Taste and adjust seasoning.
5. **Add the greens:** Stir in spinach and cook just until wilted, about 2–3 minutes.
6. **Finish:** Stir in Parmesan until melted into the broth.
7. **Serve:** Ladle into bowls and top with extra Parmesan and a sprinkle of black pepper.



Notes 🍁 🍂

- For a creamier broth, mash some of the beans before adding the spinach.
- Swap spinach for Swiss chard or kale for a heartier texture.
- Serve with crusty bread or [*Pumpkin & Sage Wheat Rolls*](#) for a complete meal.

