

# Soup with Soybeans and Spelt

## INGREDIENTS FOR 1 SERVING

- 100g soybeans, to be soaked.
- Chopped carrot, onion, and celery (1 carrot, 1 celery stalk, and half an onion).
- 2 or 3 teaspoons extra virgin olive oil.
- 2 teaspoons grated Parmesan cheese.
- 2 or 3 tablespoons tomato puree.
- Salt, pepper or chili to taste.
- 3 tablespoons spelt.

## PREPARATION

- Soak the soybeans for 24 hours.

## PROCEDURE

- Boil the soaked soybeans in plenty of unsalted water for about 2 hours.
- In a saucepan, sauté the chopped carrot, onion, and celery for five minutes with a teaspoon of olive oil and a splash of water (to prevent burning).
- Add the beans to the sauté with 2 glasses of their cooking water and the tomato puree.
- Cook for about 30 minutes.
- Soy is not as starchy as other legumes, so if you like a creamy soup, blend a portion of it.
- Cook the spelt in 500 ml of water (follow the instructions on the package for cooking).
- Before serving the soup, add the spelt, 2 teaspoons of raw olive oil, Parmesan, and spices if desired.
- The soup can be enjoyed both hot and warm.