

Foodnity Recipes

Beef Bean Soup with Garlic Parmesan Sauce

10 min Prep time	**25 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 1 lb ground beef, 80/20 fat
- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 4 cloves garlic, minced
- [ ] 1 (14.5 oz) can diced tomatoes, with juice
- [ ] 4 cups beef broth
- [ ] 2 cups cannellini beans, cooked (or 1 (15 oz) can drained & rinsed)
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil
- [ ] Salt and pepper, to taste
- [ ] 1 tbsp tomato paste (optional)

Garlic Parmesan Sauce

- [ ] 2 tbsp unsalted butter
- [ ] 1/4 cup heavy cream
- [ ] 1/2 cup freshly grated Parmesan cheese (plus extra for serving)

Garnish

- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Start by warming a large stockpot over medium heat with a drizzle of olive oil. Toss in the 1 lb ground beef, 80/20 fat, and use your wooden spoon to break it apart into little crumbles. Let it cook until it's nicely browned, which usually takes about 5–7 minutes. Once it's done, just scoot the beef over into a bowl and set it aside for a bit.

2. In that same pot—no need to wash it, we want those flavorful bits—add the diced onion, carrots, and celery. Sauté them for about 5 minutes. I mean, just stir occasionally until they soften up and start to smell like home.

3. Now, stir in the minced garlic. It only needs about 30 seconds, just until it's fragrant. If you've got 1 tbsp tomato paste on hand, stir it in now and let it cook for another minute to really blend those flavors together.

4. Pour in the 1 (14.5 oz) can diced tomatoes, with juice, followed by the 4 cups beef broth, 1 tsp dried oregano, 1 tsp dried basil, salt, and pepper. Bring it to a gentle boil, then turn the heat down to low and let it simmer for 5 minutes. It's just a little time for the aromatics to get to know each other.

5. Bring back that browned beef and stir in the 2 cups cannellini beans, cooked (or 1 (15 oz) can drained & rinsed). Let the soup simmer for another 10 minutes. This gives the flavors a chance to develop and ensures the beans are heated through.

6. While the soup is doing its thing, grab a small saucepan over low heat. Whisk together the 2 tbsp unsalted butter, 1/4 cup heavy cream, and 1/2 cup freshly grated Parmesan cheese. Keep whisking until it's silky smooth and coats the back of your spoon. Add a tiny pinch of salt and pepper.

7. Once the soup has a steady, pleasant simmer, ladle about 1/4 cup of your garlic Parmesan sauce into the pot. Give it a gentle swirl to incorporate. Taste it—honestly, this is the part where you adjust the seasoning to exactly how you like it.

8. Turn off the heat. Carefully ladle the soup into bowls, and then spoon a little extra garlic Parmesan sauce right over the top of each serving for that extra touch.

9. Finish it off with a sprinkle of chopped parsley and some more grated Parmesan cheese. I love serving this with a side of crusty sourdough bread or warm pita for dipping.

10. Serve it immediately while it's still steaming hot. Tell your guests to mix in a bit more of that sauce if they want it extra creamy.

Nutrition per serving

410 kcal	28 g	22 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a large stockpot helps prevent splashes and makes stirring much easier.
- The beef broth and tomatoes create a rich base that balances the creaminess of the sauce.
- Freshly grated Parmesan melts much smoother than the pre-shredded kind.