

**“Our world of well-being”**

Traditional healthy recipe

“Fagioli e scarole” This is a vegetable soup. It is a quick and easy dish!





Basilicata

Ingredienti per 2 persone: Ingredients for 2 people

* 400 gr di fagioli lessi 400 gr boiled beans
* 1 cespo di scarola 1 small head of escarole
* 1 spicchio di aglio 1 clove of garlic
* Peperoncino dry pepper
* Olio olive oil
* Sale salt

Directions

Boil the beans for 30 minutes . Add the dry pepper, the garlic , a tablespoon of olive oil, salt and cook for other 5 minutes.

 

Boil the vegetable for 10/15 minutes.

 

Drain the vegetable and add it to the beans.

 

Cook for 10 minutes more. Ready to eat!