

# Greek Fasolada

*White bean soup with vegetables*

Recipe submission by Anna



Photo by @theethnicfoodshop

## KEY INGREDIENTS & WHERE TO BUY

- White beans
- Celery
- Carrots
- Onions
- Good quality olive oil

Available at:

Mediterranean Food  
Centre 45B  
Streatham Hill,  
London SW2 4TS

## PERSONAL SIGNIFICANCE

"It's a dish that is made in every Greek household. We normally have it on a fasting day. Wednesdays, Fridays or whenever we fast."

"I remember my father pouring it into bowls for breakfast and handing out pieces of bread and salt dried herring to me and my siblings before taking us to school!"

"Be patient while cooking the white beans! Unless you have a steam cooker, it is going to take you long to cook them! However, it is best to cook it in a normal cooking pot as this makes the fasolada a LOT more tasty!"

For the full authentic recipe visit: <https://ethnicfoodshopproject.uk/>