

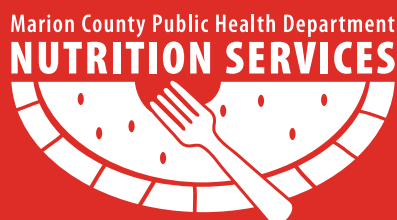


EASY TUSCAN RIBOLLITA SOUP

RECIPE MAKES 2 SERVINGS
SERVING SIZE = 1.5 cups

NUTRITION INFORMATION

Calories: 227
Total Fat: 9g
Saturated Fat: 1.5 g
Cholesterol: 1.3 mg
Sodium: 270 mg
Total Carbohydrate: 30 g
Fiber: 10 g
Sugars: 5 g
Protein: 9 g



EASY TUSCAN RIBOLLITA SOUP

This is a classic Tuscan white bean and vegetable soup. “Ribollita” translates from Italian to “re-boiled”, and it was traditionally made by re-boiling leftover soup and adding stale bread to thicken. This process stretches the meal, re-purposes old bread, and concentrates the dish’s flavor for a thicker, heartier stew. Adding a parmesan rind to the broth utilizes an ingredient that would normally get thrown away! This recipe is delicious served immediately, but even better the next day. If you’re making it ahead of time, wait until the day you plan to serve it to add your bread.

INGREDIENTS

1 large onion, diced
3 medium carrots, peeled and chopped
3 stalks celery, peeled and chopped
6 cloves garlic, crushed or sliced
¼ tsp. crushed red pepper flakes (optional)
1 tsp. dried thyme
1 bay leaf
2 cups Low-sodium broth
2 cups water
28 oz can of low-sodium diced tomatoes
15.5 oz can low-sodium cannellini beans, drained
1 small wedge of parmesan cheese with rind
1 bunch Tuscan kale, stems removed and chopped
2 cups stale bread, chunked
3 Tbsp. extra virgin olive oil (plus extra for drizzling)
salt and black pepper to taste

DIRECTIONS

Rip or cut your stale bread into ~1.5in chunks. If your bread is not stale, preheat your oven to 400 degrees F. Spread chunks in one layer on to a baking sheet, drizzle with olive oil, and bake at 400 degrees for about 10 minutes or until bread is golden brown. (this step is optional)

In a large pot, heat 3 Tbsp olive oil over medium heat. Add diced onion, carrots, celery, and garlic. Sauté vegetables until translucent, about 5 min. Add the red pepper flakes (optional), bay leaf, and thyme to the pot. Sauté for 1 more minute.

Cut the rind (the hard part on the edge) off your small wedge of parmesan.

Add the parmesan rind to the pot, along with the canned tomatoes (with juices), drained beans, broth, water and chopped kale. Stir together until kale is wilted enough to be fully submerged in the broth. Put on lid and let simmer for ~25 minutes, or until vegetables are tender.

Add your stale/toasted bread chunks to the soup gradually, until it is your desired consistency. Let simmer for another 5-10 minutes. Season with salt and pepper to taste. Remove rind and bay leaf, and serve topped with a drizzle of olive oil, if desired.

If you would like to speak to a dietitian or are interested in nutrition programming call: 317-221-7512 or 317-221-7403