

# Tuscan White Bean and Kale Soup (Ribollita)

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This Tuscan white bean and kale soup is a hearty variation of the very famous ribollita, a classic Italian recipe usually made with bread. This vegan-friendly version has the bread on the side, ready to be dunked in the delicious broth!

**Prep Time** 10 minutes

**Cook Time** 35 minutes

**Total Time** 45 minutes

## Ingredients

- 2 tablespoons extra virgin olive oil
- 1 medium leek, diced (white and light green part only)
- 1 medium carrot, diced
- 2 celery ribs, diced
- 4 garlic cloves, finely chopped
- ½ teaspoon red chilli flakes
- 250 g (½ lb) cherry tomatoes, halved
- ½ tablespoon fresh thyme, finely chopped
- ½ tablespoon fresh rosemary, finely chopped
- 2 x 400 g (14 oz) cans cannellini beans, drained and rinsed
- 1.5 litres (6 cups) vegetable stock
- 1 bunch cavolo nero (Tuscan kale), stems removed, shredded
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste

## Instructions

1. Heat the olive oil in a large heavy bottom pot and saute the leek, carrot and celery for 8-10 minutes over medium heat.
2. Stir in the garlic and red chilli flakes and continue to cook for another minute until fragrant. Add the cherry tomatoes, stirring occasionally, until they start to break down.
3. Next, stir in the fresh thyme and rosemary, then add the beans and veggie stock. Stir to combine and bring the soup to a boil.
4. Lower the heat and simmer for 15 minutes with a lid on, then stir in the cavolo nero. Put the lid back on and continue to simmer for 5 minutes until the kale wilts.
5. Stir in the fresh parsley, season to taste, and serve with crusty bread.

## Nutrition Information:

### Yield:

4

### Serving Size:

1

*Amount Per Serving:* Calories: 271 Total Fat: 8g Saturated Fat: 1g Trans Fat: 0g Unsaturated Fat: 6g Cholesterol: 0mg Sodium: 1115mg Carbohydrates: 23g Fiber: 9g Sugar: 5g Protein: 13g