

Tuscan Bean Soup



- 2 Tbl oil
- 1 medium onion, chopped
- 4 garlic cloves, sliced thinly
- 2 medium carrots, sliced thinly
- 2 ribs celery, sliced thinly
- 1 tsp salt
- 1 (28 oz) can tomato puree or crushed tomatoes
- 6 cups combined kale, collard greens and/or cabbage
- 2 (15 oz) cans white beans, drained and rinsed
- 1 tsp dried rosemary (or other dried herbs)
- 4 cups low sodium chicken or vegetable stock
- 1 Tbl sugar (optional)
- Black pepper to taste

1. Heat a large pot over medium heat. Add oil, let it get hot. Add black pepper and onions to the oil with a small pinch of salt. Cook 10 to 12 minutes or until onions have softened and are starting to brown at edges.
2. Add the garlic, carrots, and celery with the remainder of the salt. Cook for 7 to 10 minutes or until vegetables have softened.
3. Add the tomatoes, greens, beans, rosemary, sugar and stock. Bring to a boil, then reduce heat to medium-low. Simmer for 30 to 40 minutes. Serve with bread.

Makes 10 servings

Nutrition Facts

Serving Size 1 cup
Servings Per Container 10

Amount Per Serving

Calories 190 Calories from Fat 30

	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 32g	11%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 10g	

Vitamin A 70% • Vitamin C 30%
Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Add bread in the last five minutes of cooking to make your Bean Soup into a tasty Ribollita or "Tuscan Bread Soup."

Tuscan Bean Soup

History: This recipe originated in Tuscany, Italy. Tuscan Bean Soup traditionally uses white beans, carrots, celery, onion, garlic and rosemary. To serve this soup in the traditional Tuscan way, spoon hot soup over a slice of crusty bread in a bowl.



Add color by using a variety of fresh or canned vegetables in this recipe.



Don't have crushed tomatoes?
Use diced or fresh tomatoes.



Try different greens in your soup such
as cabbage, kale or collards.



Don't have white beans? Try red kidney
beans, black beans or chickpeas.