



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.

Courtesy of
Greater Pittsburgh
community
food bank

NC COOPERATIVE
EXTENSION
Local Food Program

Steps to
Health
Supplemental Nutrition Assistance
Program Education (SNAP-Ed)



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



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.