



TUSCAN RIBOLLITA

with Parmesan Croutons

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

NUT FREE

VEGGIE



HELLO

RIBOLLITA

Tuscany's version of comfort in a bowl

INGREDIENTS:

- Red Onion
- Carrot
- Garlic
- Green Kale
- Cannellini Beans
- Fennel Seeds
- Chili Flakes 🌶️
- Diced Tomatoes
- Veggie Stock Concentrate
- Ciabatta Bread (Contains: Wheat)
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 1
- 2 Cloves
- 4 oz
- 1 Box
- 1 tsp
- 1 tsp
- 1 Can
- 1
- 1
- ¼ Cup

FOR 4 PEOPLE:

- 1
- 2
- 4 Cloves
- 8 oz
- 2 Boxes
- 1 tsp
- 1 tsp
- 2 Cans
- 2
- 2
- ½ Cup

NUTRITION PER SERVING

543 cal | Fat: 14 g | Sat. Fat: 4 g | Protein: 25 g | Carbs: 74 g | Sugar: 13 g | Sodium: 795 mg | Fiber: 18 g

START STRONG

If you'd rather not turn on the oven, you can pop the ciabatta halves in the toaster and sprinkle the Parmesan cheese directly onto the soup.



BUST OUT

- Peeler
- Large pot
- Olive oil (1 TBSP | 2 TBSP)
- Strainer
- Baking sheet

1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 400 degrees. Halve, peel, and finely chop half the **onion** (save rest for another use). Peel and finely chop **carrot**. Mince or grate **garlic**. Remove ribs and stems from **kale** and discard. Coarsely chop leaves. Drain and rinse **cannellini beans**.

2 COOK VEGGIES

Heat **1 TBSP olive oil** in a large pot over medium-low heat. Add **onion, carrot, fennel seeds, garlic**, and as much of the **chili flakes** as you like. Season with **salt** and **pepper**. Cook until veggies have softened, for 5-6 minutes, tossing occasionally.

3 SIMMER SOUP

Add **tomatoes, cannellini beans, stock concentrate**, and **3 cups water** to pot and stir. Increase heat to medium-high and bring to a boil, then lower heat and reduce to a simmer. Cook until veggies are very tender, 10 minutes. Season with **salt** and **pepper**.



4 TOAST CROUTONS

While soup simmers, halve **ciabatta** horizontally. Drizzle cut sides with **olive oil** and sprinkle with **Parmesan cheese**. Place ciabatta on a baking sheet and toast until cheese is melted and edges are golden, 5-7 minutes.

5 COOK KALE

Add **kale** to pot and cover. Cook until wilted, about 3 minutes. Season with **salt** and **pepper**.

6 FINISH AND SERVE

Cut **ciabatta** into cubes. Pour **soup** into bowls and top with ciabatta cubes.

SOUP'S ON!

And it's loaded with hearty, filling veggies.

