



NOV  
2016

## Tuscan Ribollita

with Kale and Parmesan Croutons

Ribollita is a rustic Italian stew traditionally made with white beans, a variety of vegetables, and a hefty chunk of stale bread to soak up all the flavors. Plus a generous sprinkling of Parmesan, of course. We bulk up the soup even more with flavorful Italian sausage for a nutritious, warming, and incredibly flavorful home run of a dinner.



Prep: 10 min  
Total: 40 min



level 1



nut  
free



Red  
Onion



Carrot



Garlic



Cannellini  
Beans



Chili  
Flakes



Sweet Italian  
Sausage



Diced  
Tomatoes



Chicken Stock  
Concentrate



Ciabatta




Parmesan  
Cheese



Kale

## Ingredients

	2 People	4 People	
Red Onion	1	1	
Carrot	1	1	
Garlic	1 Clove	2 Cloves	
Cannellini Beans	½ Box	1 Box	
Chili Flakes 	1 tsp	1 tsp	
Sweet Italian Sausage	4.5 oz	9 oz	
Diced Tomatoes	1 Can	2 Cans	
Chicken Stock Concentrate	1	2	
Ciabatta	1) 2)	2	
Parmesan Cheese	3)	¼ Cup	½ Cup
Kale	8 oz	8 oz	
Olive Oil*	2 tsp	4 tsp	

\*Not Included

## Allergens

1) Wheat

2) Soy

3) Milk

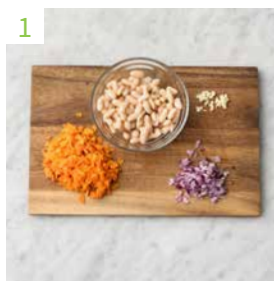
## Tools

Peeler, Strainer, Large pot, Baking sheet

**Nutrition 2 person** Calories: 688 cal | Fat: 29 g | Sat. Fat: 9 g | Protein: 32 g | Carbs: 70 g | Sugar: 14 g | Sodium: 1115 mg | Fiber: 15 g

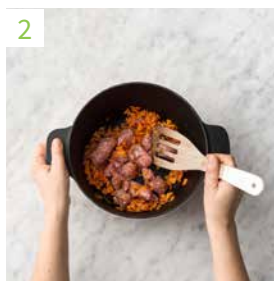
**Nutrition 4 person** Calories: 609 cal | Fat: 26 g | Sat. Fat: 9 g | Protein: 29 g | Carbs: 58 g | Sugar: 10 g | Sodium: 1062 mg | Fiber: 11 g

1



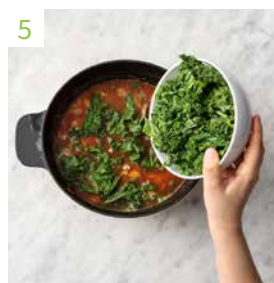
**1 Preheat and prep: Wash and dry all produce.** Preheat oven to 400 degrees. Halve, peel, and finely chop **onion**. Peel and finely chop **carrot**. Mince **garlic**. Drain and rinse half the box of **cannellini beans** (save the rest for another use).

2



**2 Start ribollita:** Heat a drizzle of **olive oil** in a large pot over medium-high heat. Add **carrots, onions, garlic,** and a pinch of **chili flakes** (to taste). Season with **salt** and **pepper**. Stir occasionally until **veggies** start to soften, 3-5 minutes. Add half the **sausage** (save the rest for another use), and break up into pieces until browned, 3-4 minutes.

5



**3 Simmer:** Add **tomatoes, drained cannellini beans, stock concentrate,** and **3 cups water** to pot. Bring to a boil. Reduce heat to medium and simmer about 10 minutes.

**4 Make Parmesan croutons:** Meanwhile, halve **ciabatta** horizontally and place on a baking sheet. Drizzle with **olive oil,** sprinkle with **Parmesan cheese,** and bake until cheese has melted, about 5 minutes.

6



**5 Finish ribollita:** Add **kale** to pot, cover, and cook until wilted, about 3 minutes. Season to taste with **salt** and **pepper**.

**6 Plate:** Let **ciabattas** cool slightly, then cut into cubes. Ladle **soup** into bowls, and top with **Parmesan croutons**. (**TIP:** Press them down to soak up all the broth.) Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

