



NOV
2016

Tuscan Ribollita

with Kale and Parmesan Croutons

Ribollita is a rustic Italian stew traditionally made with white beans, veggies, and a hefty chunk of stale bread to soak up all the flavors. We put a family-friendly spin on the dish by adding sweet Italian sausage and Parmesan croutons. With all the nutrition you love and flavors your kids crave, this dish will make everyone happy.



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
Concentrates



Ciabattas




Parmesan
Cheese



Kale

Ingredients

| | 4 People |
|--|----------|
| Red Onion | 1 |
| Carrot | 1 |
| Garlic | 2 Cloves |
| Cannellini Beans | 1 Box |
| Chili Flakes  | 1 tsp |
| Sweet Italian Sausage | 9 oz |
| Diced Tomatoes | 2 Cans |
| Chicken Stock Concentrates | 2 |
| Ciabattas | 2 |
| Parmesan Cheese | 1/2 Cup |
| Kale | 8 oz |
| Olive Oil* | 4 tsp |

*Not Included

Allergens

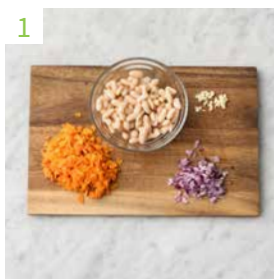
- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Peeler, Strainer, Large pot, Baking sheet

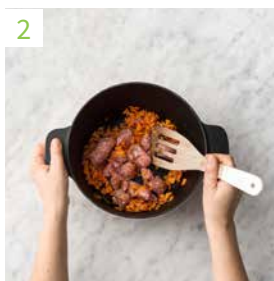
Nutrition per person Calories: 609 cal | Fat: 26 g | Sat. Fat: 9 g | Protein: 29 g | Carbs: 58 g | Sugar: 10 g | Sodium: 1062 mg | Fiber: 11 g

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 **cannellini beans**.

2



2 Start ribollita: Heat a large 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 **sausage** and break up into pieces until browned, 3-4 minutes.

5



3 Simmer: Add **tomatoes,** drained **cannellini beans,** **stock concentrates,** and **6 cups water** to pot. Bring to a boil. Reduce heat to medium and simmer about 10 minutes.

6



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

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!

