



**Eat Right
Be Fit
Live Well**

Weeknight Tuscan Ribollita

Serves: 4-6

Ingredients:

2 Tbsp (30 ml) olive oil
1 large onion, diced
1 medium carrot, diced
1 small celery stalk, diced
1 heaping cup (80g) shredded cabbage
Salt and freshly ground black pepper
1 large clove of garlic, sliced
1 Tbsp. (16 g) tomato paste
1 to 2 quarts (1 to 2 L) low sodium chicken stock, plus more as needed
4 small Yukon Gold or Red Bliss potatoes, diced
1 small bunch of Tuscan kale, shredded
1 cup (250 g) white beans, rinsed and drained
Rustic Pumpernickel (page 88) or a sourdough bread of your choice
Extra celery leaves (optional)
Parmesan cheese, to taste

Directions:

1. In a large, heavy-bottom pot, warm the olive oil over medium-low heat. Add the onions, carrots, celery, and cabbage, and season with salt and pepper - Sauté until soft, about 5 to 6 minutes. Add the garlic and cook until fragrant.
2. Add the tomato paste and stir well to dissolve. Pour in 1 quart (1 L) of chicken stock. Bring the soup to a gentle boil, then add the potatoes and kale. Reduce the heat to low and simmer, with the lid tilted, until the vegetables are cooked through, about 30 to 40 minutes. Add more chicken stock as needed or to your liking. Stir in the white beans and warm through.
3. About 10 minutes before serving, toast or grill the bread, or simply cut into slices. Drizzle with olive oil and rub with a cut clove of garlic while still warm - Season with a touch of salt and pepper. Ladle your soup into bowls and top with extra celery leaves and Parmesan cheese. Serve piping hot with your delicious bread for dunking.

Compliments of Cleanplates