



TUSCAN WHITE BEAN SOUP WITH KALE

Serve this with your favorite crusty bread for a wonderful comfort food meal.

INGREDIENTS

- 2 - 14oz cans butter beans or cannellini beans, rinsed and drained
- 1 T extra-virgin olive oil
- 6 slices of diced bacon
- 3 medium yellow onions, diced (about 2 cups chopped)
- 2 large carrots, diced
- 2-3 stalks of celery, diced
- 3-4 cloves garlic, minced
- 1/4 tsp crushed red pepper flakes, or to taste
- sea salt and freshly ground pepper, to taste
- 3 tomatoes, peeled, seeded and diced
- 6 handfuls of kale, stems trimmed off and leaves chopped (about 6 cups chopped)
- 1/3 C dry white wine
- 5 C chicken broth
- 1 small bunch flat-leaf parsley, chopped
- Freshly grated parmesan, to garnish (optional)



INSTRUCTIONS

1. In a large heavy-bottomed pot, heat the olive oil over medium to medium-high heat. Add the bacon and onions and sauté, stirring occasionally, for 6-8 minutes, until onions softened.
2. Lower the heat slightly and add the carrots, celery, garlic, chili flakes, a small pinch of salt and a generous amount of pepper. Cook for another 7-8 minutes, until vegetables are crisp-tender.
3. Add the tomatoes, kale and white wine. Continue cooking, stirring occasionally, for 5 minutes. Add the broth and two-thirds of the beans. Mash or puree the remaining beans with a little water, until smoothish. Stir the beans into the soup (the bean puree helps thicken up the soup broth).
4. Bring the soup to a light boil, then reduce heat to low and simmer for 10-15 minutes.
5. Remove the stew from the heat and stir in the parsley. Taste and season with more salt and pepper, to taste. Transfer to serving bowls and garnish with grated parmesan.
6. Enjoy!