

## *White Bean and Vegetable Soup*

A simplified version of ribolitta - a traditional Tuscan soup that takes hours to prepare - this hearty soup is packed with flavor and nutrients. Loaded with protein, fiber and vitamins, it tastes better the next day.

### **Ingredients**

Flavored chicken or pork sausage like Andouille (optional)  
Canned white beans (Northern or cannellini)  
Onion  
Celery  
Canned diced tomatoes  
Kale or spinach  
Sriracha or red wine vinegar  
Dried Italian seasoning or oregano  
Parmesan rind or small Yukon gold potato  
Sugar, salt, pepper, olive oil

**Prepare sausages and vegetables:** Slice four 2-ounce sausages lengthwise then into ½” pieces. Dice half of yellow onion and two celery stalks.



Heat 2T olive oil in a large stockpot. Add sausage and vegetables to pot and cook over medium heat until softened, about 5 minutes. Sprinkle with salt.

**Add beans and tomatoes:** Pour three cans of white beans (with liquid) and one 14-ounce can of diced tomatoes into the pot. Add 6 cups of water. Sprinkle with 1t of sugar and 2T dried Italian seasoning or oregano. Bring mixture to a boil.

**Chop kale/spinach:** Remove bottom stems from greens. Tear leaves from either side of the center stem and chop or tear into 1” pieces.



When soup mixture is boiling, add kale/spinach in small bunches until submerged.

Add either ½ teaspoon of Sriracha sauce or 1T red wine vinegar. Add 1T salt and freshly ground pepper. Place Parmesan rind or peeled small Yukon gold potato in the pot. Simmer soup for 20-25 minutes on low heat.

**Prepare dish for serving:** Turn off heat and allow soup to cool slightly (or store in refrigerator for the day or overnight). Ladle soup into bowls and garnish with fresh grated parmesan.



**Serve with toasted garlic bread:** Preheat oven to 375°. Slice baguette on the bias into 1” pieces. Brush with melted butter and sprinkle with garlic salt. Bake until crispy, about 5-6 minutes.