ITALIAN · DINNER · LUNCH

Ribollita: Tuscan Bean, Kale and Bread Soup

80 min · Serves 10 · 367 kcal a serve · Video 10:07 · Chef Billy Parisi

No nuts listed

Cannellini beans, kale, cabbage and carrot give each bowl about 12 g of fibre plus plant protein, iron, vitamin A and lots of vitamin K, with only 2 tbsp of oil for ten bowls; puréed beans thicken it instead of cream.

Diet notes: Vegan if you leave out the parmesan; Vegetarian with a vegetarian hard cheese instead of the parmesan (traditionally made with animal rennet); Low saturated fat (1.1 g, 3% of the energy); No dairy if you leave out the parmesan.

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Ingredients 17 · SERVES 10

- [ ] 450 g **dried cannellini beans**, soaked overnight
- [ ] 1 sprig **fresh rosemary** for the beans, plus a little chopped to garnish
- [ ] the **bean cooking water** that goes into the soup (about 470 ml)
- [ ] 2 tbsp **olive oil**
- [ ] 2 medium **yellow onions**, diced
- [ ] 4 **celery** stalks, diced
- [ ] 4 **carrots**, peeled and diced
- [ ] 4 **garlic** cloves, finely minced
- [ ] 2 bunches Lacinato (cavolo nero) kale, thickly sliced
- [ ] ½ **savoy cabbage**, thinly sliced
- [ ] 1 × 425 g can whole peeled **tomatoes**, hand-crushed
- [ ] 1.9 L **vegetable stock**
- [ ] **sea salt**, to taste
- [ ] **freshly cracked black pepper**, to taste
- [ ] 10 slices **day-old crusty rustic bread**, one per bowl
- [ ] grated **parmesan**, to garnish (optional)
- [ ] chopped **fresh parsley**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the beans overnight in plenty of water. Drain, cover with fresh water by about 5 cm, add the rosemary sprig and simmer 30–35 minutes until tender. 0:59
2. Remove the rosemary. Blend half the beans with some of their liquid until smooth; keep the rest warm in their liquid. 5:50
3. In a large pot, sweat the onion, celery, carrot and garlic in the olive oil over low-medium heat 8–10 minutes until tender but not browned. 5:02
4. Add the kale, cabbage, whole beans with their liquid, the bean purée, crushed tomatoes and stock. Cover and cook on low 15–20 minutes until the greens are tender. 6:28
5. Season well with salt and pepper. Put a slice of stale bread in each bowl, ladle the soup over and finish with parmesan, parsley and a little rosemary if you like. 8:16

> **Tip** Start a day ahead: the time shown does not include soaking the beans overnight (or use about 4 drained cans of cannellini). Keep soup and bread separate; the soup keeps 4 days and freezes 3 months.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
367 kcal	19 g	64 g
1,540 kJ	38% of a day	52 g net · 9 g sugars
		23% of a day

FIBRE	FAT	SODIUM
13 g	5.6 g	1,210 mg
45% of a day	1.1 g saturated	53% of a day
	7% of a day	

Energy from net carbs 62% · protein 23% · fat 15%

High in (20%+ of a day) Vitamin K 183% · Vitamin C 81% · Folate 41% · Vitamin A 39% · Iron 35% · Magnesium 29% · Potassium 27% · Vitamin B6 26% · Selenium 24% · Zinc 22% · Calcium 20%

Source of (10–19%) Vitamin E 17% · Omega-3 14%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Billy Parisi (@ChefBillyParisi) on YouTube — youtube.com/watch?v=UcxSDobAmV8, published 23 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tuscan-ribollita