

Idiot's Kitchen Shopping List– Tuscan Bean Soup

Recipe from www.idiotskitchen.com



1 pound dried Great Northern Beans (or the equivalent 6 cups of canned beans, drained and rinsed)

2 medium onions

3-4 carrots

1 rib celery

4 cloves garlic

1 large sprig fresh rosemary

2-3 sprigs fresh thyme

1 pound bunch kale

1 dry bayleaf

Large pinch red pepper flakes

1 rind from a piece of good Parmesan or Romano Cheese

Olive Oil (not pictured)

½ cup dry white wine

4 cups vegetable broth, preferably a low sodium variety

2 cups water (not pictured)

2 Tablespoons tomato paste

Salt & Pepper

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