

Idiot's Kitchen Recipe – Tuscan Bean Soup

Recipe from www.idiotskitchen.com



Ingredients:

1 pound dried Great Northern Beans (or the equivalent 6 cups of canned beans, drained and rinsed)
1-2 Tablespoons Olive Oil
2 medium onions, chopped
3-4 carrots, peeled and chopped
1 rib celery, chopped
4 cloves garlic, finely chopped
½ cup dry white wine
1 large sprig fresh rosemary
2-3 sprigs fresh thyme
1 dry bayleaf
Large pinch red pepper flakes
1 rind from a piece of good Parmesan or Romano Cheese
4 cups vegetable broth, preferably a low sodium variety
2 cups water
1 pound bunch kale, stems removed and chopped
2 Tablespoons tomato paste
Salt & Pepper

If you can plan ahead, soak the beans overnight in 6 cups of water. OR you can quick cook the beans in a pot of simmering water (enough to cover the beans) for 45-60 minutes. OR you can dump in the dried beans and increase the overall cooking time of your soup to about 2 hours.

Heat 1-2 Tablespoons of olive oil in a large soup pot over medium high heat. Add the chopped onions, carrots, and celery and sauté for 10 minutes until tender but not browned. Add 4 cloves of finely chopped garlic and ½ cup of dry white wine. Season with 1 large sprig of fresh rosemary, a few sprigs of fresh thyme, and 1 dry bay leaf. Add a large pinch of red pepper flakes and the rind from a piece of Parmesan or Romano Cheese. Pour in 4 cups of vegetable stock and 2 cups of water, bring to a boil, then reduce the heat and simmer for 15 minutes.

If you are using dried (unsoaked) beans, add them right away as they will need 2 hours to cook. If you have “quick cooked” the beans in a separate pot, drain them from their cooking liquid and add them to the pot. Continue to cook for about 15-20 minutes until the beans are almost tender. Remove the stems from a 1 pound bunch of kale and chop it roughly into large pieces. Add the kale to the soup and cook an additional 10 minutes or until the kale is wilted and the beans are completely tender.

To give the broth a little more body, add 2 Tablespoons of tomato paste and stir to combine. Season to taste with salt & pepper.

Ladle into bowls and garnish with shavings of parmesan cheese.

Makes 6-8 large servings. Great leftover...even better the next day!

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