

Tuscan Bread Soup, Kale, White Beans

Portion Size: 8 fl oz.

Yield: 15

Ingredients:

Crusty Italian Bread	4 oz.	Garlic, Chopped, Fresh	1 TBSP
Canola Oil	1 TBSP	Tomatoes, Diced	8 oz.
Garlic, Minced, Fresh	1 TBSP	Crushed Tomatoes In Liquid, Canned	8 oz.
Kale, Leaves, Fresh	4 oz.	Low Sodium Vegetable Broth	2 qt
Canola Oil	1 TBSP	Cannellini Beans, Canned, Rinsed	2 cups
Carrots, Peeled, Diced	1 ½ cups	Kosher Salt	2 tsp
Onions, Diced	1 ½ cups	Black Pepper, Ground	1 tsp
Celery, Diced	1 cup	Basil, Fresh, Chopped	½ cup

Preparation:

1. Cut bread into ½" cubes. Toss in a bowl with oil and minced garlic. Place on a sheet tray and bake at 350°F until golden brown and crisp.
2. Separate kale leaves from center stems (both will be utilized, reserve stems). Chop kale leaves into ½" pieces and reserve for later. Thinly slice kale stems. Heat oil in a soup pot. Stir in kale stems, carrot, onion and celery. Sauté until soft. Stir in garlic. Cook until fragrant, ~1-2 minutes.
3. Stir in diced tomato, crushed tomato and vegetable broth. Bring up to a simmer. Cook until vegetables are tender, about 30 minutes.
4. Stir in kale leaves and cannellini beans. Continue simmering until kale is tender, about 15 minutes. Stir in salt and pepper.
5. Just before serving, stir in toasted bread and basil. Bread is intended to be soft and absorb soup but still be in chunks.

Chef Note: Instead of pre-made breadcrumbs, break apart day-old bread into small pieces. Pulse in food processor until breadcrumb consistency.

RD Note: Look for low-sodium or no-salt-added canned beans.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
110	4	15	3	3	5	.5	480



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