

Ribollita! (Tuscan White Bean Soup)

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chili-garlic-oil-recipe-italian>

Ingredients:

- 1/8 cup olive oil good
- 1/2 cup pancetta chopped, or bacon –optional, feel free to leave this out, or sub turkey bacon
- 2 cups diced onions
- 1 cup carrots diced
- 1 cup fennel bulb diced, or sub celery
- 6 cloves garlic rough chopped
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes more to taste
- 2 teaspoons salt plus more to taste
- 2 medium tomatoes – diced, or a 14-ounce can diced tomatoes
- 6 cups lacinato kale chopped
- white wine Splash
- 6 cups chicken or veggie stock
- Parmesan rind optional, but adds depth and flavor
- 3 cups cannellini beans cooked, – or use 2 cans cannellini beans, drained, minced, or great northern white beans
- 1/2 cup fresh Italian parsley leaves chopped
- grated pecorino or Parmesan – optional
- crusty bread
- garlic oil Rosemary Lemon, for drizzling
- 1/2 cup olive oil good
- 1 large lemon
- 4 cloves garlic sliced
- 3 sprigs rosemary or thyme, sage

Nutrition:

1. Calories: 600 calories

2. Carbohydrate: 33 grams
 3. Cholesterol: 130 milligrams
 4. Fat: 30 grams
 5. Fiber: 4 grams
 6. Protein: 52 grams
 7. SaturatedFat: 5 grams
 8. Sodium: 1020 milligrams
 9. Sugar: 4 grams
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