

# Le Cesarine

Yield: 6 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-kale-swiss-chard-tomatoes-and-cabbage>

## Ingredients:

- 1 2/3 cups cannellini beans dried
- sage leaves
- 2/3 pound chard
- 2 handfuls cavolo nero Tuscan Kale
- 1/2 cabbage
- 2 potatoes medium-sized, diced
- 1 tablespoon tomato concentrate, or 5 peeled tomatoes
- 2 cloves garlic
- finely chopped onion
- celery
- 1 carrot cut into discs
- 8 tablespoons extra virgin olive oil
- salt
- pepper
- bread Stale homemade

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 37 grams
3. Fat: 19 grams
4. Fiber: 6 grams
5. Protein: 10 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 350 milligrams
8. Sugar: 3 grams

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