

Ribollita

Yield: 6 servings

Ingredients

- 3 cups diced onion
- 2 cups diced carrots
- 2 cups diced celery
- 8 garlic cloves, thinly sliced
- 28 ounces canned whole peeled tomatoes, low or no sodium added
- 15 ounces canned cannellini beans, low or no sodium added, rinsed and drained
- 1 teaspoon kosher salt
- $\frac{3}{4}$ teaspoon crushed red pepper flakes (optional)
- 2 bunches of lacinato kale, chopped into bite sized pieces
- $\frac{1}{2}$ loaf of crusty country whole wheat bread (about 10 ounces), torn into large chunks
- 1 tablespoon extra virgin olive oil

Instructions

1. Heat oven to 450 degrees, positioning your racks for enough room for your Dutch oven.
2. Heat a large Dutch oven or oven-safe pot over medium heat, add in onion, carrots and celery. Sauté for 5 to 8 minutes until vegetables are soft, adding small amounts of water if mixture starts to stick. Add garlic and cook about 3 more minutes until mixture starts to caramelize.
3. Drain canned tomatoes over a bowl to reserve the juices, using your hand crush the tomatoes. Add just the crushed tomatoes to the pot and cook an additional 2 minutes.
4. Add cannellini beans, salt, red pepper flakes, reserved tomato juices and 4 cups of water to pot and bring to a simmer.
5. Add kale in two batches, stirring often and allowing to wilt in between.
6. Add $\frac{1}{3}$ of torn bread chunks, stir and then cook mixture for about 5 more minutes.
7. Remove from heat and top stew with remaining bread chunks, drizzle with olive oil and transfer pot to heated oven and cook for 10 to 15 minutes until bread is golden brown and stew is bubbling.

Nutrition Information

Serving Size: $\frac{1}{6}$ of recipe

Calories: 312
Total Fat: 6.2 g
Monounsaturated Fat: 2.3 g
Polyunsaturated Fat: 2.3 g
Saturated Fat: 1 g
Sodium: 660 mg
Total Carbohydrate: 55 g
Dietary Fiber: 12 g
Sugars: 12 g
Protein: 13 g

Source: Adapted from Bon Appetit

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