

Brian's Tuscan Ribollita



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Prep Time: 15 minutes | **Cook Time:** 1 hour | **Makes:** 5-6 | **Difficulty:** Easy

Ingredients:

- 1/4 cup olive oil
- 1 med-to-large yellow onion, chopped
- 1 cup fennel bulb, chopped
- 1/4 of a small green cabbage, cored and chopped, about 3 cups
- 1 cup diced carrots, cut to 1/4 inch dice
- 1 cup chopped celery
- 1 clove garlic, sliced
- 2 15 ounce cans cannellini (white) beans, drained
- 1 2-inch sprig of fresh rosemary or thyme (you can substitute dried thyme, but NOT dried rosemary, an ingredient that just sticks in my throat like dead pine needles!)
- 1 bay leaf
- 3 cups fresh chopped kale
- 1 cup dry white wine
- 3 cups low sodium chicken or vegetable broth
- 4 cups diced or torn stale or lightly toasted bread (1 inch pieces) - use a substantial white bread with a good crust and chewy center like ciabatta, tuscan, peasant et. al. Mass produced loaves disintegrate completely and don't work well for this.
- Salt
- Black pepper

Directions:

In a dutch oven or other large pot, heat olive oil over medium-low. Add the onion, fennel carrots and celery and cook until they begin to soften, about 4 minutes. Add the cabbage, cover and cook for another 4 minutes. Add the garlic and cook until fragrant, about a minute.

Add the wine and stir to deglaze. Allow to reduce for 2 minutes. Add the beans, rosemary, chicken broth (or vegetable stock), bay leaves, and the kale. Bring to a simmer, cover and simmer for 30 minutes. The vegetables should be very tender.

Remove from the heat. Remove the rosemary stem and bay leaves. Add the bread and stir so the bread is saturated. Cover and allow to stand for 20 minutes.

Season with salt and freshly ground black pepper. Classic Tuscan seasoning is pretty light, leaving the taste of the vegetables front and center, but you should season to your family's taste.

Use an immersion blender for two or three 2-to-3-second pulses. The resulting consistency should still be very chunky and the consistency of oatmeal. If it is too thick, thin with 1/4 cup of water at a time until you

get the hearty consistency you want. You can use a regular blender for this, but only put about 2 cups of the stew in the blender and give it two or three 2-3 second pulses, then return the blended soup to the pot.

Serve with parmesan cheese, a drizzle of good extra virgin olive oil and a good chianti. Or better yet, chill and reheat it the next day ("reboiled," right?) because this soup really comes alive as a leftover! It will thicken overnight, but you can thin it with a little water or broth and adjust the seasoning.