

Besotted Gourmet



Tuscan White Bean Soup with Kale

Ingredients:

1lb. Dried Cannellini Beans
10 Cups Water
1 Tbls. + 2 Tsp. Salt
¼ Cup Olive Oil
2 Onions; 1 chopped, 1 separated into layers
2 Carrots, diced into ½ inch pieces
4 Garlic Cloves, minced
3 Tbls. Fresh Flat-Leaf Parsley, minced
2 Bay Leaves
4 Cups Chicken Stock, preferably homemade (or substitute veggie stock)
1 Cup Kale, rough chopped
Freshly Grated Parmesan, Salt & Pepper, to taste

Preparation:

Put the dried cannellini beans, 2 Tsp. of salt, and the onion with layers separated into a large stock pot. Cover with the 10 cups of water. Bring to a boil, and then reduce the heat to low and let simmer for 1 hour.

Remove the pot from the heat and allow the beans to rest in the oniony liquid for another 30 minutes.

Strain the beans and onions and reserve the simmering liquid for use later.

Heat the ¼ cup of olive oil in a large pot over medium heat. Add the uncooked onion, carrots, garlic, parsley, and bay leaves and saute for 10 minutes, until the vegetables begin to soften.

Add the drained beans and onions, chicken stock, and 2 cups of the oniony simmer liquid to the pot. Season lightly with salt and pepper. Bring to a light boil over medium-high heat, cover the pot, and turn the heat down to medium-low. Cook the soup, stirring occasionally for 1 hour and 15 minutes.

Remove the bay leaves from the soup. Take 4 cups of the soup from pot and process in a blender or food processor until pureed. Return the puree to the pot and incorporate well and continue to cook over medium-low heat.

Bring a pot of water to a boil, add the 1 Tbls. of salt. Add the roughly chopped kale to the pot and boil

for 2-3 minutes. Drain the kale and add to the soup.

If the soup is too thick, you can always add in a bit more of the oniony simmering liquid to thin it out, but I tend to like my soup thick.

When you're ready to serve, add a little bit of freshly grated parmesan, salt & pepper.

Enjoy!