

## Tuscan Ribollita Bean Soup

### ✓ Ingredients:

- 1 tbsp olive oil
- 1/2 yellow onion, chopped
- 1 clove garlic, minced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 1/2 cups cooked cannellini beans (or 1 can, drained)
  - 1 cup chopped kale or Swiss chard
  - 1/2 cup chopped tomato (fresh or canned)
  - 2 cups vegetable broth
  - 1 slice stale bread, torn
  - Salt and black pepper to taste
  - Optional: rosemary or thyme

### ✓ Instructions:

1. Heat olive oil in a pot. Add onion, garlic, carrot, and celery. Sauté for 5 minutes.
2. Stir in tomato, beans, broth, and herbs if using. Simmer for 15 minutes.

3. Add kale and bread. Simmer 5 more minutes until greens wilt and bread thickens the soup.
4. Season with salt and pepper.
5. Serve hot — rustic and hearty.

Benefits:

### **Supports Heart Health**

Beans are a great source of soluble fiber, which may help lower LDL cholesterol. Olive oil, commonly used in this soup, adds heart-healthy monounsaturated fats.