

Tuscan Harvest Ribollita

Servings: 10

1 large onion, chopped
3 medium carrots, sliced
3 stalks celery, sliced
6 cloves garlic, sliced
1 can white beans, rinsed and drained (mash 1/2 of the can)
28 ounces tomatoes, canned (type that is peeled, but whole); diced
3 sprigs thyme
48 ounces low sodium chicken broth
1 bunch kale, chopped
1/2 cup basil leaves, chiffonade cut
2 slices whole wheat bread, crusty type - cubed
salt and pepper, to taste

Spray a large stock pot with olive oil cooking spray. Add onion, carrots, and celery. Saute over medium heat for 5-7 minutes. Add garlic and cook an additional minute.

To the mixture, add white beans, tomatoes and juice, thyme sprigs, and chicken broth. Bring to a boil, reduce heat and simmer until vegetables are tender; about 15 minutes. Add kale and basil, and cook an additional 10 minutes until kale is tender. Add bread cubes, and cook 5-10 minutes. Remove sprigs of thyme before serving. Season before serving.

Serve hot sprinkled with Parmesan cheese.

Per Serving (excluding unknown items): 149 Calories; 1g Fat (4.1% calories from fat); 13g Protein; 25g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 454mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fat.