



# Tuscan White Bean Soup

**with Parmesan Crostini**

Aromatics—onion, carrots, garlic, and fragrant herbs—are the key to a fantastic soup. Here, leeks bring a mildly onion-y flavor and natural sweetness to the tomato-based soup. Stir in hearty kale and white beans and let it simmer away. In fact, this dish is the perfect make-ahead meal. Prepare everything in the morning (including making the soup), then simply bake the crostini and re-heat the soup when ready to serve.

30–40 minutes    770 calories per serving



## Ingredients

- 1 leek
- 4 ounces carrots
- 1/8 ounce rosemary
- 4 ounces dinosaur kale
- 2 cloves garlic
- 1/4 cup white wine
- 1 tablespoon tomato paste
- 1/4 teaspoon crushed red pepper
- 1 can diced tomatoes
- 1 can white beans
- 8 ounces vegetable stock
- 1 boule loaf
- 2 ounces shaved Parmesan cheese

## You'll need

- olive oil
- kosher salt
- black pepper
- 10" large pot
- baking sheet

## Recipe tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Do not drain leeks, or the dirt at the bottom will pour over them. Instead, use a slotted spoon or your hands to remove them from the water, then pat dry before adding them to the pot to avoid splattering.

Your beans are packed with some of their delicious cooking liquid. Save it; don't drain it! Adding this liquid with the beans thickens the soup and infuses it with even more flavor.



### 1. Prepare ingredients

Preheat oven to 475°F. If **leek** arrived with dark green tops, trim and discard them. Halve **leek** lengthwise, then cut crosswise into 1/4-inch half-moons. Place in a bowl of cold water, separating pieces, to let dirt sink to bottom. Rinse remaining produce. Halve **carrots** lengthwise, then cut crosswise into 1/4-inch half-moons. Strip **rosemary** leaves, discarding stems, then mince. Stack **kale** leaves; thinly slice, discarding long stems. Mince **garlic**.



### 4. Simmer soup

To pot with vegetables, add **stock**, **reserved bean liquid**, and **2 cups water**. Increase heat to high and bring to a boil, then reduce heat to medium high and simmer until flavors have melded, 8–10 minutes (move on to the next step, but don't forget to come back). Stir in **kale** and **white beans**; cook until beans are warmed through and kale begins to wilt, 2–3 minutes more. Remove from heat; season with **1/2 teaspoon salt** and **black pepper** as desired.



### 2. Sauté vegetables

Remove **leek** from water (see recipe tip); pat dry with paper towel. Heat **1 tablespoon olive oil** in a large pot over medium-high heat. When oil is shimmering, add **leek** and **carrots**. Sauté, stirring, until softened, 5–7 minutes. Add **garlic** and **half of rosemary**. Cook, stirring, until fragrant, 1 minute. Add **white wine** and cook until mostly evaporated, 1–2 minutes more.



### 5. Make crostini

While soup simmers, cut **boule** into 1-inch slices and arrange on a baking sheet in a single layer. Drizzle both sides with **olive oil**, sprinkle with **remaining rosemary**, and season with **1/4 teaspoon salt** and **black pepper** as desired. Top with **half of Parmesan**. Bake until bread is golden and cheese is melted, 6–9 minutes (this is a great time to wash the dishes or pour a glass of wine).



### 3. Season vegetables

To pot with vegetables, still over medium-high heat, add **tomato paste** and **crushed red pepper** (skip or use half for less heat). Sauté, stirring, until fragrant, 1–2 minutes. Add **diced tomatoes and their juices** and season with **1/4 teaspoon salt** and **black pepper** as desired. Meanwhile, drain **white beans**, reserving **bean liquid** for the next step (see recipe tip).



### 6. Plate soup

Divide **Tuscan white bean soup** between serving bowls and garnish with **remaining Parmesan**. Serve with **Parmesan crostini** for dipping. Enjoy!