



HEALTH SCORE

64%

Ribollita (Vegetable, Bean and Stale Bread Soup)



Very Healthy

READY IN



335 min.

SERVINGS



6

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bread peasant style cut into coarse cubes or torn into pieces
- ☐ 2 carrots chopped
- ☐ 2 small ribs celery with leafy tops, chopped
- ☐ 8 cups chicken stock see
- ☐ 1 cup borlotti beans dried for 4 hours
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup evoo for drizzling at the table

- ☐ 1 bay leaf fresh
- ☐ 3 cloves garlic crushed
- ☐ 9 servings grates of nutmeg
- ☐ 2 onions peeled chopped
- ☐ 6 servings parmigiano-reggiano rind freshly grated
- ☐ 6 servings herb bundle of parsley fresh
- ☐ 1 small onion white red finely chopped
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 small savoy cabbage cored chopped
- ☐ 1 bunch swiss chard stemmed trimmed chopped (also known as lacinato or dinosaur) (12 ounces greens)
- ☐ 2 cups tomato purée

Equipment

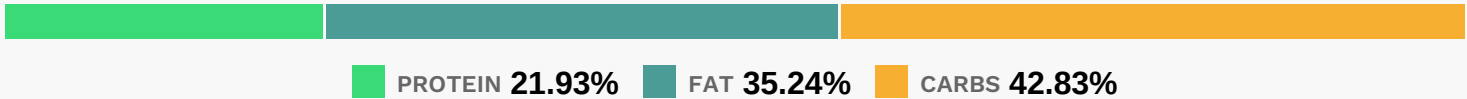
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Variations: For a sweeter soup, add chopped fennel to your mix. For autumn, add zucchini or butternut squash to your blend.

- ☐ Drain the beans and place in a pot with 4 cups chicken stock, 1 clove garlic, half an onion and some salt and pepper. Bring to a low boil, reduce the heat and simmer until tender, 30 minutes.
- ☐ Meanwhile, preheat the oven to 350 degrees F.
- ☐ Bake the bread until deeply golden and toasted. Store in foil.
- ☐ Heat 1/4 cup EVOO, 4 turns of the pan, over medium-high heat in a large Dutch oven.
- ☐ Add the chopped onions, carrots, celery, remaining 3 cloves garlic, chile flakes, bay leaf and herb bundle. Season with salt and pepper. Cook, partially covered, to soften, about 5 minutes.
- ☐ Add the wine, kale, cabbage and a little nutmeg. Stir. Wilt the greens, partially covered, 5 to 6 minutes more.
- ☐ Add the beans and their liquids and the tomato puree. Stir.
- ☐ Add 2 cups more stock (reserve 2 cups for the night you serve).
- ☐ Add the cheese rind to the soup. Simmer to combine flavors, 15 minutes.
- ☐ Remove 3 cups of the beans and vegetables, about half the soup, to food processor and puree. Then add back to pot. Cool and store the soup for a make-ahead meal.
- ☐ To serve, heat the soup over medium heat, add the bread to the soup and let it absorb the liquid. Thin the soup with the remaining 2 cups of stock. Taste to adjust seasoning.
- ☐ Remove the herb bundle, rind and bay leaf. The ribollita is done when a wooden spoon can stand straight up in the soup. Ladle into shallow bowls and garnish with a generous drizzle of EVOO, finely chopped raw onion and cheese. Leftover soup can be fried in olive oil in a skillet like potato pancakes or hash, and topped with over easy or fried eggs.

Nutrition Facts



Properties

Glycemic Index:76.92, Glycemic Load:9.49, Inflammation Score:-10, Nutrition Score:44.15434783438%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 9.27mg, Apigenin: 9.27mg, Apigenin: 9.27mg, Apigenin: 9.27mg

9.27mg, Apigenin: 9.27mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg

Nutrients (% of daily need)

Calories: 604.67kcal (30.23%), Fat: 23.67g (36.41%), Saturated Fat: 8.33g (52.06%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 49.6g (18.04%), Sugar: 16.57g (18.41%), Cholesterol: 30mg (10%), Sodium: 1228.34mg (53.41%), Alcohol: 2.06g (100%), Alcohol %: 0.37% (100%), Protein: 33.14g (66.28%), Vitamin K: 524.72µg (499.73%), Vitamin A: 8025.04IU (160.5%), Folate: 307.7µg (76.92%), Manganese: 1.25mg (62.43%), Fiber: 15.13g (60.52%), Vitamin C: 47.75mg (57.88%), Phosphorus: 559.54mg (55.95%), Calcium: 530.19mg (53.02%), Potassium: 1720.49mg (49.16%), Copper: 0.92mg (45.9%), Vitamin B3: 8.97mg (44.85%), Magnesium: 176.74mg (44.18%), Vitamin B2: 0.67mg (39.53%), Vitamin B1: 0.59mg (39.19%), Selenium: 26.71µg (38.16%), Iron: 6.72mg (37.34%), Vitamin B6: 0.72mg (36.04%), Vitamin E: 4.57mg (30.48%), Zinc: 3.61mg (24.03%), Vitamin B5: 1.3mg (12.97%), Vitamin B12: 0.36µg (6%)