

Ribollita (Italian Vegetable and Bread Soup)

Author: My own concoction



Servings: 8

2 tablespoons olive oil
1 1/2 medium white onions, chopped
4 cloves garlic, minced
2 whole leeks, cleaned and chopped
3 stalks celery, chopped
3 whole carrots, peeled, chopped
2 cups ham cubes (or use 2-3 slices of minced bacon)
32 ounces canned tomatoes (including juice)
8 cups chicken broth (or Penzey's chicken soup base + water)
1 tablespoon dried oregano
3 medium zucchini, chopped
4 ounces mushrooms, sliced
4 cups Swiss chard, chopped
4 cups kale, chopped
3 cups Savoy cabbage, chopped
15 ounces canned cannellini beans, drained, rinsed
Salt and pepper to taste

TOPPINGS:

2 cups croutons, *see Note
1/4 cup Parmesan cheese, shaved in shards
2 tablespoons extra virgin olive oil, to drizzle on top
1/4 cup fresh basil, sliced
1/4 cup cilantro, chopped

Per Serving (excluding unknown items): 347
Calories; 14g Fat (35.0% calories from fat); 20g
Protein; 38g Carbohydrate; 9g Dietary Fiber;
21mg Cholesterol; 1678mg Sodium. Exchanges: 1
Grain(Starch); 1 1/2 Lean Meat; 4 Vegetable; 1
1/2 Fat.

It's 90% vegetables with a bit of bacon or ham added.

**Note: buy a ciabatta loaf and roughly tear off pieces of it (large bite size) and toast in a 350 oven for about 5 minutes (use broiler if you can watch it carefully). If you want a more flavorful soup, add some rosemary, a Bay leaf, and some thyme. You can also use Parmesan cheese rinds in a soup like this (you do save them, right?). They merely flavor the soup - don't eat them. You can also add more beans to this, and/or some rice. In the authentic version you slice off a piece of bread and put it in the bottom of the bowl and pour the soup on top. This version uses less bread and you just toast the cubes and plop them on top. The croutons don't get totally soaked in the soup. The quantities of the vegetables are approximate - add more or less of things if it suits you or you don't have sufficient amounts.*

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. In a large, heavy pot heat the olive oil. Saute the onion for about 5 minutes until it's wilted but not browned. Add garlic and leeks and continue cooking until leeks have begun to soften. Add celery and carrots. Add ham, tomatoes, chicken broth and oregano and bring to a simmer for about 10 minutes until carrots are cooked. Add zucchini and mushrooms and continue simmering for about 5 minutes. Then add canned beans, Swiss chard, kale and cabbage. Cook for 2-4 minutes until the greens are just tender. Taste for seasoning.
2. Meanwhile, heat oven to 350 and toast the roughly torn bread cubes - using the broiler if necessary to brown them.
3. Have all the topping ingredients ready. Scoop about 1 1/2 cups of the soup into a wide soup bowl. Top with the Parmesan, basil, cilantro and the toasty-hot bread cubes and serve.