



BUDGET FRIENDLY RECIPES

Ribollita

By Robin Asbell

Serves 5. Prep time: 25 minutes active; 45 minutes total.

1 bunch kale	2 teaspoons dried rosemary
1 tablespoon Field Day olive oil	1 cup Woodstock tomato puree
1 medium yellow onion, chopped	1 can Field Day cannellini beans, drained
3 large garlic cloves, chopped	7 slices whole wheat bread, divided
1 small zucchini, chopped	Parmesan cheese
2 ribs celery, chopped	1 teaspoon salt
2 large carrots, chopped	
3 cups Field Day vegetable broth	

Preparation

Strip the kale leaves from the stems. Chop the stems finely, and roughly chop the leaves.

In a large pot, heat the olive oil over medium-high heat. Add the onion and garlic and stir for five minutes or so, until the onion is translucent. Add the zucchini, celery, carrot and kale stems, and stir for a minute, then add the broth and rosemary and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 10 minutes. Stir in the tomato puree, kale leaves, cannellini beans, salt and two slices of crumbled bread and simmer until the kale is softened. Toast the remaining slices of bread.

To serve, ladle soup over a slice of toasted bread in each individual bowl, and top with freshly shredded Parmesan.

Ribollita

Ingredient checklist

PRODUCE

- Kale
- Yellow onion
- Garlic
- Zucchini
- Celery
- Carrots

GROCERY

- Field Day olive oil
- Field Day vegetable broth
- Woodstock tomato puree
- Field Day cannellini beans
- Whole wheat bread

REFRIGERATED/DAIRY

- Parmesan cheese

SPICES/SEASONINGS

- Rosemary
- Sea salt

Serving suggestion

Ribollita is Italian for “re-boiled,” because this is a classic way to serve a soup the second day, with some stale bread to stretch and thicken it. Use a rustic, hearty bread that has some texture, so it won’t just melt away completely. Rub the toasted bread slices with a bit of olive oil and fresh garlic for extra flavor!

Nutritional information per serving

535 calories	97 g. carbohydrate
7 g. fat	28 g. fiber
2 mg. cholesterol	28 g. protein
933 mg. sodium	

Estimated cost

Total:	\$12.75
Cost per serving:	\$2.55

The nutritional values and information are approximations, and ingredient costs are estimated.