

Tuscan Ribollita Soup

with Soft-Boiled Eggs & Lacinato Kale

This rustic Tuscan recipe has its origins in the Middle Ages. A bread-thickened, tomato-based soup, ribollita is one of the region's most popular dishes. Our version uses sourdough bread, with Italian favorites like creamy cannellini beans, earthy Lacinato kale and traditional aromatics mixed in. For a truly special finish, we're using an array of tasty garnishes—classics like parsley and Parmesan, plus a silky soft-boiled egg served directly on top.



Ingredients

- 2 Farm Eggs
- 1½ Cups Cannellini Beans
- 1 15-Ounce Can Diced Tomatoes
- 1 Mini Sourdough Bread Boule
- 4 Cloves Garlic
- 2 Carrots
- 1 Bunch Lacinato Kale
- 1 Yellow Onion
- 1 Large Bunch Parsley

Knick Knacks

- 3 Tablespoons Vegetable Demi-Glace
- ½ Cup Grated Parmesan Cheese
- ⅛ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 650 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Peel and small dice the onion and carrots. Peel and mince the garlic. Drain and rinse the beans. Remove and discard the kale stems; thinly slice the leaves. Medium dice the bread. Pick the parsley leaves off the stems; discard the stems and thinly slice the leaves.

2



Start the soup:

In a large pot, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the carrots have softened.

3



Make the broth:

To the pot of vegetables, add the **beans**, **kale**, **diced tomatoes**, **demi-glace**, **3 cups of water** and **as much of the crushed red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Heat to boiling on medium-high. Once boiling, reduce the heat to medium and simmer, stirring occasionally, 6 to 8 minutes, or until the liquid is slightly reduced in volume.

4



Finish the soup:

Add the **bread** and **half the parsley** to the pot of soup; season with salt and pepper. Simmer, without stirring, 5 to 7 minutes, or until the soup has thickened; season with salt and pepper to taste.

5



Cook & peel the eggs:

While the soup simmers, carefully add the **eggs** to the small pot of boiling water and cook for exactly 6 minutes. Drain thoroughly and rinse under cold water for 30 seconds to stop the cooking process; place in a bowl with enough **cold water** to cover the eggs. When cool enough to handle, carefully peel the cooked eggs.

6



Serve your dish:

Divide the **finished soup** between 2 bowls. Top each with a **peeled egg**. Garnish with the **cheese** and **remaining parsley**. Enjoy!