

Ribollita Soup (Italian Tomato and Bread Soup)

Serves 6

- 2 tablespoons olive oil
- 4 garlic cloves, chopped
- 1 cup onion, chopped
- 2 medium carrots, chopped
- 2 celery ribs, chopped
- 1 (10-ounce) package frozen spinach
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- 6 cups chicken broth, low sodium
- 1 (15-ounce) can tomato puree (or use crushed tomatoes)
- 9 ounces (3 cups) day old crusty bread, torn in small pieces
- ¼ cup fresh basil or 1 heaping tablespoon of dried basil
- Parmesan cheese, grated (optional)

1. Heat oil in a large pan over medium high heat. Add oil, garlic, onion, carrots, celery, and carrots.

2. Saute 5-7 minutes until vegetables are softened. Add frozen spinach and stir to break up clumps.

3. Add beans, broth and tomato puree. Bring soup to a boil and stir in bread.

4. Reduce heat to a simmer and cook until soup thickens slightly. Stir in chopped basil. Serve with parmesan cheese if desired.

Nutrition information: calories 384, total fat 6g, saturated fat 1g, sodium 889mg (see Healthy Tip), carbohydrates 63g, dietary fiber 10g, protein 10g.

Healthy Tip

Canned tomato products can have high levels of sodium and can have corn syrup or sugar added to them. Read labels to make healthy choices and lower sodium in your recipes.



If you have an extra loaf of crusty bread, wrap in plastic wrap or bag, and freeze. When you are ready to eat it, unwrap, run quickly under running water and put into a 350° oven for about 10-15 minutes. It will crisp on the outside and warm on the inside!