



INGREDIENTS

2 TBSP of olive oil
1 chopped sweet onion
Kosher salt
2 cans of cannellini beans
4 cups of purified water
2 cups of chicken stock
3 chopped ripe tomatoes
2 hot peppers
1 Lb. of roughly chopped
Tuscan Kale
Parmigiano-Reggiano



TUSCAN KALE SOUP

By Caterina Romano's kitchen

DIRECTIONS

1. Heat the oil in a sauce pan over medium heat. Add the onions, sprinkle a touch of salt and sauté for 5-8 minutes.
2. Crush one of the cans of cannellini beans and add it to the pot and mix well.
3. Increase the heat of the stove to high. Add the water, chicken stock and tomatoes and bring the mixture to a boil.
4. Add the peppers and kale plus the other can of cannellini beans.
5. Season with salt & pepper.
6. Lower the heat and simmer for 40-45 minutes. Adjust for seasoning to your taste.
7. Serve in bowls, top with the Parmesan and serve.

ENJOY THE TUSCAN KALE SOUP