



Tuscan Bean Soup

By On Top of the World Chefs

Ingredients:

12 Servings

3 oz extra virgin olive oil
3 cloves of garlic, diced
1 oz rosemary, chopped
1 oz thyme, chopped
1 onion, diced
1 carrot, diced
1 stalk of celery, diced
1 plum tomato, diced
4 oz white wine
1 qt chicken stock

1 can cannellini beans
 $\frac{1}{2}$ cup chopped collard greens
1 bunch parsley, chopped
4 oz Parmesan cheese
Salt and pepper to taste

Directions: In a large pot on medium heat, sauté the garlic, rosemary, thyme, onions, carrots and celery; allow to cook until tender. Then add the tomatoes and deglaze with white wine. Then add the stock and bring to a simmer. Add the beans and greens and turn down to low. Finish with parsley, cheese, salt and pepper. Serve with crusty bread.

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Amount Per Serving	
Calories	99.7
Total Fat	4.5 g
Saturated Fat	0.7 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.0 mg
Cholesterol	2.4 mg
Sodium	136.7 mg
Potassium	257.2 mg
Total Carbohydrate	9.7 g
Dietary Fiber	1.5 g
Sugars	1.6 g
Protein	3.9 g

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