



# ITALIAN WHITE BEAN & VEGGIE SOUP

*ciabatta crostini with garlic chive oil*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
1070

**MENU**  
VEGAN

Is there anything cozier than a hearty bowl of soup with a side of toasted bread for dunking? We think not, which is why our chefs created this soul-warming Italian-inspired meal. Tender white beans simmer with sweet potatoes and kale in a rich mushroom broth. Ladle the soup into bowls and top with freshly minced chives and as many spicy red pepper flakes as you'd like. On the side, crunchy ciabatta crostini with garlic chive oil make an ideal accompaniment.

## INGREDIENTS (11 ITEMS)

- ¼ oz **Garlic**
- ⅛ oz **Chives**
- 1 whole **Yellow onion**
- 1¾ oz **Cannellini beans**
- 3½ oz **Lacinato kale**
- 10¼ oz **Sweet potatoes**
- ½ tsp **Italian seasoning**
- 10 oz **Coconut milk** T
- 2 whole **Mushroom stock concentrates**
- 2 whole **Ciabatta breads** W
- ½ tsp **Crushed red pepper flakes**

## WHAT YOU'LL NEED

- large pot with lid
- baking sheet
- small bowl
- measuring cup & spoons
- strainer
- oven mitt
- cooking & olive oils
- salt & pepper

## ALLERGENS

- T TREE NUTS (coconut)
- W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

# 1 PREP

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Mince **chives**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Strain and rinse **cannellini beans**.
- Remove and discard any thick center stems from **lacinato kale**. \* Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide. Roughly chop ribbons.

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

## COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

# 2 MAKE GARLIC CHIVE OIL

- Place about half the **garlic** and about half the **chives** in a small bowl. Drizzle with about 2 tablespoons olive oil. Season with salt and pepper. Stir to combine.

# 3 START SOUP

- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **sweet potatoes** to hot pot. Season with about ½ teaspoon salt and a pinch of pepper. Cover pot with lid. Cook 5-7 minutes, or until sweet potatoes begin to soften, stirring occasionally.
- Reduce heat to medium. Add **onion** and remaining **garlic**. Season with **Italian seasoning**. Cook 3-4 minutes (uncovered), or until onion is translucent, stirring occasionally.

# 4 ADD BROTH

- Add **coconut milk**, **mushroom stock concentrates**, and about 1 cup water to pot. Stir to combine. Bring to a boil. Simmer about 5 minutes (uncovered), or until broth has slightly reduced and sweet potatoes are tender, stirring occasionally. (You'll finish the soup in Step 6.)

# 5 MAKE CROSTINI

- Halve **ciabatta breads** horizontally. Spread **garlic chive oil** over cut sides.
- Place **bread**, cut sides up, on a foil-lined baking sheet. Toast about 5 minutes, or until lightly browned.

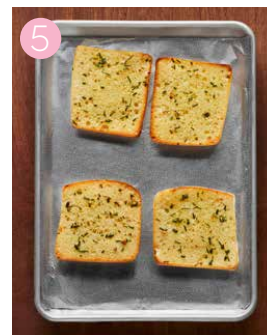
# 6 FINISH SOUP

- Add **beans** and **kale** to pot with **soup**. Stir to combine. Cook 1-2 minutes (uncovered), or until beans are warmed through and kale is lightly wilted, stirring occasionally. Season with salt and pepper to taste.\*

*\*Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

# 7 PLATE YOUR DISH

- Divide **Italian white bean and veggie soup** between bowls. Sprinkle with remaining **chives** and **crushed red pepper flakes** to taste (or omit). Serve **ciabatta crostini with garlic chive oil** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (699g)

Amount per serving

**Calories** **1100**

	% Daily Value*
<b>Total Fat</b> 53g	68%
Saturated Fat 23g	115%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2200mg	96%
<b>Total Carbohydrate</b> 122g	44%
Dietary Fiber 25g	89%
Total Sugars 16g	
Includes 1g Added Sugars	2%
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 331mg	25%
Iron 7mg	40%
Potassium 1965mg	40%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Chives, Sweet Potatoes, Yellow Onion, Garlic, Lacinato Kale, Crushed Red Pepper Flakes, Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Coconut Milk** [coconut milk], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Cannellini Beans** [cannellini beans, water, salt], **Ciabatta Bread** [enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, enzymes, folic acid), water, salt, cultured wheat flour (to maintain freshness), yeast, soybean oil, malted barley flour, deactivated yeast, enzymes, ascorbic acid, rye flour, rice flour, semolina]

### Allergen information:

Contains Wheat, Soy And Tree Nuts

*Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*