



**GREEN
CHEF**

TUSCAN WHITE BEAN & CHARD SOUP

carrots, celery, chives, toasted herb bread

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

620

MENU

VEGAN

Ribollita is a hearty Tuscan soup traditionally made with white beans, leafy greens, and crusty (in a good way) day-old bread. In our chefs' version, creamy cannellini beans and nourishing rainbow chard simmer with an aromatic *soffritto* (sautéed diced carrots, celery, and onion) in a flavorful vegetable broth. A sprinkle of chives and red pepper flakes adds a touch of freshness and heat. Herb-seasoned bread gets toasted (no need to dry it out overnight) until it becomes the perfect texture for dunking.

INGREDIENTS (12 ITEMS)

1¾ oz	Celery
1 whole	Yellow onion
¼ oz	Garlic
13¼ oz	Cannellini beans
2¾ oz	Rainbow chard
¼ oz	Chives
4¼ oz	Carrots
1¼ tsp	Rosemary, basil & sage blend
¾ oz	White wine vinegar
2 whole	Vegetable stock concentrates
1 whole	Multigrain mini loaf S W
½ tsp	Crushed red pepper flakes

WHAT YOU'LL NEED

medium pot
baking sheet
measuring cup & spoons
strainer
oven mitt
cooking oil
salt & pepper

ALLERGENS

S SOY
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 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.
- Halve **celery** lengthwise. Slice across into pieces, about ¼ inch wide.
- 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.
- Mince **garlic**.
- Strain and rinse **cannellini beans**.
- Remove and discard any thick center stems from **rainbow chard***. Roughly chop leaves into bite-size pieces.
- Mince **chives**.

**The ingredient you received may be a different color.*

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

START SOUP

- Heat about 2 tablespoons cooking oil in a medium pot over medium-high heat. Add **carrots, celery, and onion** to hot pot. Season with about ½ teaspoon salt and a pinch of pepper. Cook 5–7 minutes, or until veggies begin to brown, stirring occasionally.
- Reduce heat to medium. Add **garlic**. Season with about ¾ teaspoon **rosemary, basil, and sage blend**. Cook about 2 minutes, or until garlic is fragrant, stirring occasionally.
- Add **white wine vinegar**. Stir to deglaze pot.* Add about ¾ cup **beans**. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 1 minute, stirring frequently.

**Be sure to scrape up any browned bits in the bottom of the pot as you stir—those unassuming specks are full of concentrated flavor and will bring additional richness to your soup.*

3

FINISH SOUP

- Carefully add 2 cups water and **vegetable stock concentrates** to pot. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer 7–9 minutes, or until carrots and celery are tender, stirring occasionally.
- Add **chard**, remaining **beans**, and about half the **chives**. Simmer 1–2 minutes, or until chard is wilted, stirring occasionally. Season with salt and pepper to taste.

4

TOAST BREAD

- Halve **multigrain mini loaf** horizontally.
- Place **bread**, cut sides up, on a foil-lined baking sheet. Drizzle about ½ tablespoon cooking oil over cut side of each half. Season with salt, pepper, and remaining **rosemary, basil, and sage blend**.
- Toast 2–3 minutes, or until crisp and lightly browned.

5

PLATE YOUR DISH

- Halve **bread** widthwise at an angle.
- Divide **Tuscan white bean and chard soup** between bowls. Garnish with remaining **chives** and **crushed red pepper flakes** to taste (or omit). Serve **toasted herb bread** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (465g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2240mg	97%
Total Carbohydrate 72g	26%
Dietary Fiber 20g	71%
Total Sugars 12g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 6mg	35%
Potassium 1405mg	30%

* 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:

Cannellini Beans [cannellini beans, water, salt], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Yellow Onion, Garlic, Crushed Red Pepper Flakes, White Wine Vinegar** [aged white wine vinegar], **Celery, Rainbow Chard, Chives, Multigrain Mini Loaves** [unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, canola oil, molasses, granulated sugar, salt, dough conditioner, dough conditioner (soy protein, monglycerides, modified cellulose salt, soybean oil, soy lecithin) cultured wheat flour, yeast, dough conditioner (wheat, flour, soybean oil, enzymes), wheat gluten, wheat bran, natural enzymes, ascorbic acid], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Carrots**

Allergen information:

Contains Wheat And Soy

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.

