

Treasure Barrel

Hearty Tuscan White Bean Soup Recipe

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

For the Soup

- [ ] 2 tablespoons good quality extra virgin olive oil, plus more for serving
- [ ] 1 large yellow onion, finely chopped
- [ ] 2 large carrots, peeled and diced
- [ ] 2 celery stalks, diced
- [ ] 4 cloves garlic, minced
- [ ] 1 teaspoon dried rosemary
- [ ] 1/2 teaspoon dried thyme
- [ ] 1 (14.5 ounce) can diced tomatoes, undrained
- [ ] 2 (15 ounce) cans cannellini beans, rinsed and drained
- [ ] 6 cups vegetable broth
- [ ] 1 large bunch lacinato kale (about 5-6 ounces), stems removed and leaves chopped
- [ ] Salt and freshly ground black pepper to taste
- [ ] Optional: 1 Parmesan rind

Instructions

1. First things first, let's build our beautiful flavor base. Find a large, heavy-bottomed pot or a Dutch oven and set it over medium heat. Add your olive oil and let it warm up until it shimmers just a little. Then, add your chopped onion, carrots, and celery. Give it a good stir and a pinch of salt. Let these cook slowly, stirring occasionally, for about 8-10 minutes. You want them to get really soft and sweet, but not browned. This slow sauté is so important; it's like laying the foundation for all the flavor to come. Your kitchen will start to smell amazing.

2. Now that your vegetables are soft and fragrant, it's time to add the next layer of aromatics. Add the minced garlic, dried rosemary, and thyme to the pot. Stir everything constantly for about one minute, just until you can smell the garlic and herbs blooming. You have to be a little careful here because garlic can burn quickly, which would make it bitter. This quick toast awakens the oils in the dried herbs and makes them so much more flavorful. Once it's incredibly fragrant, you're ready for the next step. It's moments like these in cooking that feel so grounding, isn't it?

3. Okay, let's turn this into a proper soup. Pour in the undrained diced tomatoes, the rinsed cannellini beans, and the vegetable broth. If you're using a Parmesan rind (which I highly recommend for that extra savory depth!), tuck it in there now. Give everything a good stir to combine, scraping up any little flavorful bits from the bottom of the pot. Bring the soup to a gentle simmer, then reduce the heat to low, cover the pot, and let it cook for at least 30 minutes. This is when all the magic happens and the flavors meld together beautifully. The house smells so cozy at this point, it makes me want to bake something, like my family's favorite chocolate chip banana bread.

4 After simmering, your soup should taste rich and wonderful. Now for the final touch. Uncover the pot, remove the Parmesan rind if you used one, and stir in your chopped kale. It will look like a lot at first, but don't worry! It will wilt down in just a few minutes. Let it cook for about 5 more minutes, until the kale is tender but still a vibrant green. Give the soup a final taste and season generously with salt and freshly ground black pepper until it tastes just right to you. Ladle the hot soup into bowls, finish with a generous drizzle of your best olive oil, and serve immediately with some crusty bread. It’s just so, so good.

Nutrition per serving

280 kcal	13 g	40 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a creamier broth without adding any dairy, you can take about a cup of the beans out of the soup before adding the kale, mash them with a fork until they form a paste, and then stir them back into the pot. This is such a simple, lovely trick to thicken the soup naturally.
- Feel free to add other vegetables you have on hand. A diced zucchini or some chopped fennel added with the onions would be absolutely delicious. This soup is a great way to use up whatever is in your crisper drawer.
- If you like a little bit of heat, a pinch of red pepper flakes added with the garlic and herbs can be a really wonderful addition. It doesn't make it spicy, necessarily, but it adds a lovely little bit of warmth in the background that complements the other flavors so nicely.