

Tuscan White Bean and Kale Soup Recipe - Hearty, Healthy, and Delicious

Tuscan White Bean and Kale Soup



TIME

8-10 min

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ChefManiac

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 medium carrots, chopped
- 3 cloves garlic, minced
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon red pepper flakes (optional, for a little warmth)
- 6 cups vegetable broth (low sodium recommended)
- 2 (15 ounce) cans cannellini beans (white kidney beans), rinsed and drained
- 1 (14.5 ounce) can diced tomatoes, undrained
- 5-6 ounces fresh kale, tough stems removed and chopped (about 4-5 cups packed)
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1/4 cup grated Parmesan cheese, plus more for serving (optional, omit for vegan)
- 2 tablespoons fresh parsley or basil, chopped, for garnish

DIRECTIONS

1. Let's get this hearty : Tuscan White Bean and Kale Soup simmering!
2. SautØ Aromatics: In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium heat. Add the chopped onion, celery, and carrots. Cook for 8-10 minutes, stirring occasionally, until the vegetables are softened. Add the minced garlic, dried Italian seasoning, and red pepper flakes (if using). Cook for 1 minute until fragrant.
3. Add : Beans & Tomatoes: Stir in the rinsed and drained cannellini beans and the undrained diced tomatoes. Cook for 2-3 minutes, stirring to combine.
4. Add : Broth & Simmer: Pour in the vegetable broth. Stir well, scraping up any browned bits from the bottom of the pot. Bring the mixture to a boil.
5. Cook : Soup Base: Once boiling, reduce the heat to low, cover the pot, and let it simmer for 15-20 minutes, allowing the flavors to meld.
6. Add : Kale: Stir in the chopped fresh kale. Cover and continue to simmer for another 5-10 minutes, or until the kale has wilted and is tender-crisp.
7. Finish & : Serve: Remove the soup from the heat. Taste and adjust seasoning with salt and black pepper as needed. Ladle into bowls, garnish with fresh chopped parsley or basil, and a sprinkle of Parmesan cheese (if using). Serve hot.

SWAPS & NOTES

Beans: Cannellini beans are traditional for their creamy

texture.

Great Northern beans are a good substitute.

Ensure they are thoroughly rinsed and drained to reduce sodium

and excess starch.

Vegetables: The classic mirepoix (onion, celery, carrot) forms a fantastic aromatic base.

TIPS FOR SUCCESS

Sautø Veggies Thoroughly: Taking the time to soften and slightly caramelize your onions, celery, and carrots builds a strong flavor base for the soup.

Rinse Beans Well: This helps reduce excess sodium and starch, leading to a cleaner flavor and less cloudy broth.

Don't Overcook Kale: Kale cooks quickly.

Add it towards the end to ensure it retains some texture and vibrant color.

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