

Tuscan Bean Soup

Source : Monique's

Type : Vegetable

Origin :

Category : Soup

Quantity	Measure	Item
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Serves 50

2	Lb.	Dry 4kidney beans soak overnight or (can)
2	Lb.	Dry Canellini beans(soakovernight or can)
1	Lb.	or Great northern beans
1/2	C	Olive oil or canola
1	Lb.	Diced carrots
1	Lb.	Diced onion
1	Lb.	Celery diced
1	C	Salt free seasonnings
4	Qts	Diced tomatoe
3	Lb.	Kale (either lacinato or Russian)
1	Lb.	Grated parmesan cheese (optional)

Instructions : If using dry beans First sort out the beans to remove any foreign object as in stone or dirt
 Soak overnight or t least 5 hours prior to cooking night before
 Rinse all the beans unter dold water
 Place in kettle with 3 Times the amount of water
 Bring to a boil and let cook for at least 5 minutes remove from heat and let stand for 1 hour then drain water
 In a large kettle heat the oil and saute all the vegetables until very aromatic
 Add the bean and at least 3 times the amount of water or broth
 Bring to a boil and let simmer for 1 & 1/2 hour or until beans are VERY tender -
 Add the seasonnings
 Shred the kale by removing the stem then thinly slice or coarsly chop
 Add the tomatoes and shredded kale brinb back to a boil then puree 1/3 put back in the pot and adjust the liquid with cold water then reheat if necessary
 Serve with grated parsmesan cheese (optional)

* I use water to make it vegetarian but the liquid can be replace with low sodium chicken broth or low sodium beef broth or 1/2 water and 1/2 broth to adapt to the nutrition requirements.

Staging :	Qty.	Period	Description
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