



Cooking Classes
Whole Grain Baking Mixes

Tuscan Bean Soup

1 tablespoon olive oil
½ lb. hot Italian sausage (I use turkey)
1 chopped leek (white and light green only)
1 chopped onion
1 large chopped carrot
1 large chopped celery stalk
1 head of kale
2 cloves garlic, chopped fine
½ teas. chili pepper flakes
1 can (14 oz) chopped Fire Roasted tomatoes
¼ head of shredded Savoy cabbage
1-2 cans cannellini or Great Northern beans
½ tsp dried rosemary
1 tsp dried oregano
3 cups (about) chicken stock
Salt and pepper
Italian or French bread one or two days old
¼ cup Parmesan

In a large pot, with a cover and a thick bottom, on medium + heat add the olive oil and turkey to brown for a few minutes, add and saute the leek, onion, carrot, celery, kale, garlic and chili pepper, stirring often until the onion has turned color (about ten minutes, depending on the heat)

Add the tomatoes, cabbage and the beans, more olive oil if you wish, and stir well to mix the ingredients.

Mix in the rosemary/oregano, salt and ground black pepper to taste. Add enough stock to cover the ingredients by about ¼ inch. Bring to a very slow simmer and cook, covered, for about ½ hour.

Lightly toast/broil the bread and put a slice at the bottom of each soup bowl before ladling in the soup. Sprinkle with Parm Cheese.

Makes 6 servings.

TIP OF THE DAY: Save the rinds from your chunks of Parmesan, (keep in the freezer until ready to use) then throw them into your soups to add amazing flavor. You can also use them in tomato sauces, or when you are simmering a homemade soup stock. Best tip yet! Enjoy.