

Bite Spoon

Tuscan Vegetable Soup: Healthy Italian Comfort Food

20 min Prep time	**40 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Soup Base

- [ ] 3 tablespoons olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 3 carrots, peeled and chopped
- [ ] 3 celery stalks, chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper

Herbs and Flavor

- [ ] 2 tablespoons fresh rosemary, minced
- [ ] 1 teaspoon dried oregano
- [ ] 1 bay leaf
- [ ] 1/4 teaspoon red pepper flakes (optional)

Main Vegetables

- [ ] 1 can (28 oz) crushed tomatoes
- [ ] 6 cups vegetable broth
- [ ] 1 bunch kale, stems removed and leaves chopped
- [ ] 2 cans (15 oz each) cannellini beans, rinsed and drained
- [ ] 1 zucchini, chopped (optional)

For Serving

- [ ] Extra virgin olive oil for drizzling
- [ ] Fresh parsley, chopped
- [ ] Grated Parmesan cheese (optional)
- [ ] Crusty bread

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion, carrots, and celery. Sauté for about 8-10 minutes until they start to soften and become fragrant. The vegetables should be tender but not browned.

2. Add the minced garlic, salt, pepper, rosemary, oregano, and red pepper flakes if using. Cook for another minute until the garlic is fragrant. Be careful not to burn the garlic – it can turn bitter.

3. Pour in the crushed tomatoes and vegetable broth. Add the bay leaf. Bring to a simmer, then reduce heat to low, cover, and let it cook for 20 minutes to allow the flavors to meld together beautifully.

4. Stir in the chopped kale and cannellini beans. If you're adding zucchini, now's the time. Simmer uncovered for another 10-15 minutes until the kale is tender but still bright green.

5. Remove the bay leaf. Taste and adjust seasoning with more salt or pepper if needed. Let the soup rest for 5-10 minutes off heat before serving – this allows the flavors to settle.

6 Ladle into bowls and garnish with a drizzle of good olive oil, fresh parsley, and Parmesan if using. Serve with warm crusty bread for the perfect comforting meal.

Nutrition per serving

220 kcal	8 g	32 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- This soup freezes wonderfully for up to 3 months
- Add a Parmesan rind while simmering for extra umami flavor
- The soup will thicken as it sits – add more broth when reheating if desired