

# THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

## Recipe

### WHITE BEAN AND ESCAROLE SOUP

**This is a classic Italian soup. It's tasty, easy and inexpensive to make. Plus, it's also very low in calories. It can be red or white by making it with or without the tomatoes - but I think adding tomatoes not only makes it more flavorful, but it also looks more appetizing. This is such a quick soup and perfect for those cold winter nights.**

#### INGREDIENTS

Serves 4 - 6

- 2 15 oz cans of cannellini (kidney) beans (drained and rinsed)
- 1 28 oz can or carton of crushed tomatoes
- 4 cups chicken broth
- 1 large head escarole (outer leaves washed and cut in to about ½ inch pieces)
- 2-3 tbs olive oil
- ½ onion (medium/fine diced)
- 2 - 3 baby carrots or 1 small regular-sized carrot (medium/fine diced)
- 1 stalk celery (medium/fine diced)
- 1 clove garlic (finely diced)
- Pinch of red pepper flakes
- Freshly grated parmesan (to taste)

#### INSTRUCTIONS

- Place a medium-large saucepan over medium/low heat, add oil and heat
- Add onions, carrots and celery (in a proportion of 2 parts onions to 1 part carrots and celery) Cook gently for about 5 minutes until softened
- Add garlic and pepper flakes. Cook just until garlic begins to soften

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#### INSTRUCTIONS cont.

- Add the tomatoes, increase the heat to medium, season and cook for about 15 minutes
- Add the broth and cook for an additional 15 minutes
- Add the beans and cook for a 3-4 minutes
- Add the escarole and cook for about 5 minutes or until the leaves are tender, but still bright green
- Plate and top with grated parmesan

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#### NUTRITION FACTS

<b>Nutrition Facts</b>	
White Bean and Escarole Soup	
Serving size: 1 portion	
<b>Amount Per Serving</b>	
<b>Calories</b>	220.4
<b>Total Fat</b>	6.1 g
Saturated Fat	1.5 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	3.7 g
<b>Cholesterol</b>	3.3 mg
<b>Sodium</b>	0.9 g
<b>Potassium</b>	0.7 g
<b>Total Carbohydrate</b>	35.1 g
Dietary Fiber	10.4 g
Sugars	1.0 g
<b>Protein</b>	12.8 g