

## Tuscan Bean Soup by Janette Mitchell

Prep time 15 mins | Cooking time 20 mins



### Ingredients:

- 1 Tbsp olive oil
- 2 each onion, carrot and celery stalk chopped
- 2 tsp oregano
- 1 tsp each dried thyme and basil
- ½ tsp each salt, pepper
- 1 each bay leaf and clove garlic, minced
- 2 cups chicken or vegetable stock
- ½ cup wine
- 1 (398ml) can diced tomatoes with juices
- 1 (540 ml) can white kidney beans, drained and rinsed
- 2 cups lightly packed chopped kale
- Grated parmesan

### Method:

Heat the oil in a Dutch oven or wide, deep saucepan and set over medium heat. Cook onion, carrot and celery, stirring often for 5 mins or until vegetables are softened. Add the oregano, thyme, basil, salt, pepper, bay leaf and garlic. Cook stirring for 1 minute or until fragrant.

Add the stock, wine, tomatoes with juices, and beans. Bring to a boil. Bring to a medium heat for 10 mins. Discard bay leaf. Gently stir in the kale, cook, uncovered for 2 minutes. Remove pan from heat. Serve. Sprinkle grated parmesan on each serving.