

# Tuscan Bean Soup

## Ingredients:

**1/4 Cup** olive oil

**3** leeks, **sliced**

**3** carrots, **peeled** and **diced**

**4 ribs** celery, **sliced**

**1** fennel bulb, **chopped**

**4 cloves** of garlic, **minced**

**1/2 teaspoon** salt

**1/4 teaspoon** pepper

**1** sweet potato, **diced**

**1 1/2 Cups** cannellini beans,  
**cooked**

**8 Cups** vegetable stock

**1 sprig** of rosemary and **1/2 bunch** of  
thyme, **tied together with a**  
**piece of string**

**1 bunch** of kale, **stemmed** and  
**chopped**

## Directions:

1. In a large Dutch oven or soup pot, **heat** olive oil over medium high heat.
2. **Add** leeks, carrots, celery, fennel, garlic, salt and pepper, and **sauté** for 5 minutes.
3. **Add** sweet potato, beans, vegetable stock and herbs and bring to a **boil**. Lower heat and let **simmer** for 15 minutes or until sweet potato is tender.
4. **Add** kale and let **simmer** for another 2 minutes or until leaves are wilted.
5. **Taste** and **adjust** seasonings to your liking.
6. **Serve** and **Enjoy!**

### Vocabulary

**Sauté:** to cook food quickly in a small amount of oil

**Boil:** to heat a liquid until **BIG** bubbles break the surface

**Simmer:** to heat a liquid until **SMALL** bubbles break the surface