



Escarole & White Bean Soup

with Toasted Ciabatta



30min



2 Servings

An excellent soup doesn't need to stew for hours or contain 20 ingredients. No recipe proves that better than this light and nourishing soup. Half of the beans are mashed to thicken the broth, and escarole wilts for leafy goodness and lots of vitamins. Pass the crusty bread for dipping, and there's a delicious dinner.

What we send

- 1 yellow onion
- garlic
- 1 head escarole
- ¼ oz fresh rosemary
- ¼ oz fresh parsley
- 15 oz can cannellini beans
- 1 pkt crushed red pepper
- 2 pkts vegetable broth concentrate
- 2 ciabatta rolls ^{1,2}
- 1 lemon

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot with a lid
- microplane or grater

Allergens

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 16g, Carbs 95g, Protein 23g



1. Prep ingredients

Finely chop **onion** and **1 tablespoon garlic**; set 1 large garlic clove aside. Separate **escarole leaves**; cut into 2-inch pieces. Rinse under running water to remove any grit. Pick and finely chop **rosemary leaves**; discard stems. Pick **parsley leaves**; finely chop stems, keeping leaves whole. Transfer **half of the beans** to a bowl; mash with a fork until smooth (no need to drain).



4. Add escarole to soup

Add **escarole** to pot (in batches, if necessary); season with **1½ teaspoons salt** and **a few grinds of pepper**. Cover and cook over medium-low heat until the escarole is wilted and tender, and **beans** are heated through, about 5 minutes.



2. Sauté aromatics

Heat **2 tablespoons oil** in a medium pot over medium-high until shimmering. Add **onions** and **a pinch of salt**; reduce heat to medium. Cook, stirring occasionally, until onions are softened and translucent, 5-7 minutes. Stir in **chopped garlic, rosemary leaves, parsley stems**, and **crushed red pepper** (to taste, depending on heat preference). Cook until until fragrant, about 1 minute.



5. Toast ciabatta rolls

Preheat broiler with rack in the top position.

Split **ciabatta rolls** and place directly on top oven rack, cut side up. Broil until lightly toasted, 1-2 minutes (watch closely as broilers vary).

Remove from oven and rub the cut sides of toasted bread with **whole garlic clove**; drizzle with **oil** and season with **salt**.



3. Add broth & beans

To pot, add **all of the vegetable broth concentrate, mashed and whole beans and their liquid**, and **3 cups water**. Bring to a boil over medium-high heat.



6. Finish soup & serve

Finely chop **parsley leaves**; discard stems.

Into a small bowl, finely grate **2 teaspoons lemon zest** and squeeze **1 tablespoons lemon juice**. Stir lemon juice and zest into **soup**; season to taste with **salt** and **pepper**.

Spoon **soup** into bowls, sprinkle with **parsley**, drizzle with **oil**, and serve with **toasted ciabatta**. Enjoy!