Sides / United States

White Bean, Kale & Parmesan Soup

Creamy cannellini simmered with a Parmesan rind until the broth turns silky and savoury, then loaded with dark ribbons of lacinato kale and brightened with lemon and a snowfall of grated cheese.

Time 60 min **Servings** 4

What you'll need.

- ☐ 45 ml Extra-virgin olive oil, plus more to finish
- ☐ 200 g Yellow onion, finely diced
- ☐ 150 g Carrot, finely diced
- ☐ 120 g Celery, finely diced
- ☐ 5 cloves Garlic, thinly sliced
- ☐ 0.5 tsp Red pepper flakes
- ☐ 2 sprigs Fresh rosemary
- ☐ 900 g Cannellini beans, cooked (or canned, rinsed and drained)
- ☐ 60 g Parmesan rind
- ☐ 1500 ml Vegetable stock
- ☐ 250 g Lacinato kale, stems removed, leaves cut into ribbons
- ☐ 15 ml Lemon juice, fresh
- ☐ 60 g Parmesan, finely grated
- ☐ 0 to taste Kosher salt and black pepper

Let's make it.

01 Warm the olive oil in a 5–6 litre pot over medium-low heat. Add onion, carrot, and celery with a pinch of salt and cook gently 10–12 minutes, stirring now and then, until soft and sweet but not browned. Add garlic, pepper flakes, and the rosemary sprigs and cook 1–2 minutes until the garlic turns pale gold at the edges.

02 Add beans, Parmesan rind, and stock. Bring to a boil, then reduce to a low simmer and cook uncovered 25–30 minutes, stirring the bottom occasionally so the softened rind doesn't stick. Fish out the rosemary stems. Scoop about 2 cups of beans and liquid into a bowl, mash smooth with a fork or blitz with an immersion blender, and stir back in to thicken the body.

03 Stir in the kale and simmer 5–8 minutes until tender. Remove the rind (chop any soft parts and return them). Off the heat, add lemon juice and half the grated Parmesan; season with salt and plenty of pepper. Serve with the rest of the cheese and a thread of olive oil. To freeze: cool quickly in shallow containers, refrigerate within 2 hours, and freeze up to 3 months; the soup thickens on standing, so thin with water when reheating and refresh with lemon.

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Servings are an estimate; check quantities in the source recipe.
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