

Choco Fever Dream

Tuscan White Bean Soup – Hearty & Flavorful

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup dried cannellini beans
- [ ] 4 cups low-sodium chicken broth
- [ ] 2 slices turkey bacon, diced
- [ ] 1 onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 1 cup kale, stems removed and chopped
- [ ] 1 (14-oz) can diced tomatoes
- [ ] 1 tbsp fresh rosemary, minced
- [ ] 1 tsp fresh thyme leaves
- [ ] 2 tbsp olive oil
- [ ] Juice of 1/2 lemon
- [ ] Salt and pepper to taste

Instructions

1. Soak the cannellini beans in water overnight; drain and set aside.
2. In a large pot, heat olive oil over medium heat, add diced turkey bacon, and crisp until golden.
3. Add onion, carrot, and celery; sauté until softened, then stir in garlic, rosemary, and thyme.
4. Pour in the broth, beans, and diced tomatoes; bring to a gentle boil, then reduce to a simmer.
5. Simmer for 35-40 minutes, or until beans are tender. Add kale and simmer another 5 minutes.
6. Stir in lemon juice, season with salt and pepper, and serve hot with a drizzle of olive oil.

Nutrition per serving

320 kcal	18 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you’re short on time, use canned beans—just rinse well.
- A splash of red wine vinegar can add a subtle tang if desired.
- For extra depth, finish with a spoonful of grated Pecorino cheese.