

TUSCAN RIBOLITTA

A classic Italian white bean stew with olives and bread. This is a versatile, comforting dish – feel free to add other vegetables you have to hand, such as celery or leeks.

Ingredients

- 1 tin or jar of white beans, drained
- 1 tin of chopped tomatoes
- 1 onion, finely chopped
- 3 cloves garlic, chopped
- 1 carrot, diced
- Vegetable stock
- A splash of vinegar (white wine, cider or red wine)
- A handful of kale, roughly chopped
- Kalamata olives, chopped
- Stale bread, torn into chunks
- Olive oil, salt and pepper

Method

1. Heat a little olive oil in a saucepan over a medium heat. Add the onion and garlic with a pinch of salt and cook gently until soft and fragrant.
2. Add the carrot and cook for a further 5 minutes. Splash in the vinegar and stir well.
3. Add the tomatoes, white beans and enough vegetable stock to cover. Bring to a gentle simmer and cook for around 20 minutes, until rich and slightly thickened. Season to taste.
4. Stir in the kale, olives and bread. Continue to cook for about 5 minutes, until the kale is tender and the bread has softened.
5. Spoon into bowls and finish with a drizzle of olive oil.