

Tuscan Chard and Cannellini Bean Soup

Savannah · 28/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

6

Description

This is a hearty wonderful soup that takes a very short time to make. If you have a rind from a piece of Parmigiano Reggiano, add it to the broth as you cook; if you don't, you may want to add grated Parmesan cheese to the soup. This soup thickens as it stands due to the pasta and cheese.

Ingredients

- - 2 slices smoked bacon
- finely chopped - 1 onion
- chopped - 1 clove garlic
- minced - ¼ teaspoon freshly grated nutmeg (Optional) - ½ teaspoon crushed red pepper flakes (Optional) - 6 cups chicken broth
- or more as needed - 1 (15 ounce) can cannellini beans
- drained and rinsed - or more to taste - 2 tablespoons chopped sun-dried tomatoes - 2 ounces Parmesan cheese rind - 1 bunch red or white Swiss chard - ¼ cup uncooked small pasta
- such as orzo or pastina - 5 large fresh sage leaves
- minced - 5 leaves fresh basil
- coarsely chopped (Optional) - 1 tablespoon grated Parmesan cheese
- divided (Optional) - 1 tablespoon extra-virgin olive oil
- divided (Optional)

Instructions

1. In a large saucepan over medium heat
2. cook the bacon
3. onion
4. garlic
5. nutmeg
6. and red pepper flakes until the onion is translucent
7. about 5 minutes. Pour in chicken broth and cannellini beans
8. and bring the mixture to a boil; stir in sun-dried tomatoes and the piece of Parmesan cheese rind. Reduce heat to a simmer
9. and cook while you prepare the chard
10. about 10 minutes. Cut the stems from the chard
11. and slice the stems into pieces about 3/4-inch long. Cut the chard leaves into 1-inch wide ribbons. Stir the chard stems and pasta into the soup
12. setting aside the leaves. Reduce heat to a simmer
13. and gently simmer until the pasta is tender
14. about 10 minutes. Stir the chard leaves
15. sage
16. and basil into the soup
17. and simmer just until wilted
18. 3 to 4 minutes. Ladle soup into bowls and top with Parmesan cheese and a drizzle of olive oil
19. if desired. Cook's Note If you have one
20. add a Parmesan rind to the soup as it cooks then remove before serving. If you use pastinas (tubettini
21. ditalini
22. pastina
23. acini de pepe
24. orzo
25. etc) or additional beans you made need to add more chicken broth to pot (and especially if reheating leftovers) as the pasta absorbs much of the broth. This does freeze very well (add that extra chicken broth to reheat) Basil can be used instead of or in addition to the sage. If sage is used mince it fine; the basil can be chopped coarsely. You can substitute a can of diced Roma tomatoes for the sun-dried tomatoes if you don't have those. I serve this with bruschetta
26. or homemade garlic croutons.