



Tuscan Bean Soup



Featuring beans, greens and herbs, this simple soup is both flavorful and nutritious. This recipe was created by FamilyCook Productions and appears in Food Day's free e-cookbook, [20 Recipes to Get Kids Cooking!](#)

Ingredients: (serves 4)

- 2 Tbs. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 bunch kale (about 1/2 lb.)
- 1/2 bunch broccoli rabe (about 1/2 lb.)
- 1 (28-oz.) can no-salt-added whole tomatoes
- 2 (15-oz.) cans no-salt-added white cannellini beans
- 4 cups low-sodium vegetable broth
- 3 sprigs fresh thyme
- 1 tsp. kosher salt
- Freshly ground pepper

Instructions:

Adult: Heat a large stockpot over medium heat. Add olive oil. When the oil is hot, add the chopped onion and reduce the heat to low. Cook, stirring occasionally, or until onions are translucent, about 8 minutes.

Together: Stir in the garlic and cook for 1-2 minutes.

Kid: While the onions are cooking, tear up the kale leaves (discard the large stems) and chop the broccoli rabe.

Together: Add the greens to the stockpot, increase heat to medium, and stir the greens until they wilt.

Together: Open the cans of tomatoes and beans with a can opener.

Kid: With clean hands, squeeze the tomatoes into the stockpot.

Together: Drain and rinse the beans in a colander. Add to the beans and broth to the stockpot and bring to simmer, cooking 5 more minutes.

Kid: Pluck the thyme leaves from their stems.

Together: Add the leaves to the pot and discard the stems. Simmer for an additional 10 minutes.

Kid: Season with up to 1 tsp. salt and freshly ground pepper.

Food For Thought!

Friday, October 24th is Food Day, a day to inspire Americans to change their diets and support laws that help bring healthy food to more people. Want to know how your family can get involved? Commit to cooking a special meal together this Food Day and visit FoodDay.org to learn more about the movement's priorities and find an event in your area.



Cooking Tip of the Week

When you add your leafy greens to the stockpot, watch carefully. They'll turn bright green! But if cooked for too long, they'll turn darker and lose some of their nutrients. Be sure to cook them only for the amount of time listed.

Conversation Starter

How should our family celebrate Food Day this year?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive
the Family Dinner Date each week in your inbox!