**Potato-Kale-Bean Soup**

better known as Riboletta, an Italian classic

Total Time: 60 min. Servings: 4-6

**INGREDIENTS**

1 bunch kale (feel free to use another type of green, if you prefer)  
2-3 T olive oil  
1 medium onion, diced  
5-6 cloves garlic, minced  
1/2 teaspoon red chili flake  
1 bay leaf  
pinch and a half of salt  
1 1/2 - 2 lbs. potatoes, cut into cubes  
1 can of cannellini beans  
7 cups veggie stock (or water…if you use water you can cook the kale in it a  
bit to make it a stock – about 8-10 min – at a simmer)  
a squeeze of lemon for each serving (I am a lemon addict – not everyone  
loves this, try it and see if you like it!)  
  
**PREPARATION**

Heat olive oil in a pot (if you have a Dutch oven…use it!) Add the onion, garlic, chili, bay leaf and salt. Cook over high heat for a few minutes to get the flavors to meld.

Add the potatoes and a cup of stock. Stir and simmer for about 5 minutes  
with the cover on.

Add the kale, cover, and steam until wilted.

Rinse and add the canelli beans.

Pour in the rest of the stock, boil, cover, and simmer for 30-40 minutes (or  
until potatoes are done).

Once the potatoes are done, smash some of the potatoes up to vary the texture.  
  
Eat right away but…it will be even better tomorrow!