



# Chickpea Ribollita Stew

with Parmesan Croutons

Veggie

25 Minutes



-  Chickpeas
-  Ciabatta Bun
-  Mushrooms
-  Baby Spinach
-  Mirepoix
-  Crushed Tomatoes with Garlic and Onion
-  Parmesan Cheese, shredded
-  Italian Seasoning
-  Soy Sauce
-  Vegetable Broth Concentrate

HELLO RIBOLLITA

*A Tuscan vegetable stew thickened with hearty bread!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust Out

Baking sheet, measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Ciabatta Bun	1	2
Mushrooms	113 g	227 g
Baby Spinach	56 g	113 g
Mirepoix	113 g	227 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Parmesan Cheese, shredded	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Prep

Thinly slice **mushrooms**. Roughly chop **spinach**. Cut **ciabatta** into ½-inch pieces.



## Cook veggies

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring occasionally, until beginning to brown. 1-2 min. Add **mirepoix** and **half the Italian Seasoning**. Cook, stirring occasionally, until **veggies** are tender, 4-5 min.



## Make stew

Add **chickpeas** and their **liquid**, **crushed tomatoes**, **broth concentrate**, **soy sauce** and **½ cup water** (dbl for 4 ppl). Bring to a boil over high heat. Reduce heat to medium and simmer until **stew** thickens slightly, 7-8 min. (**NOTE:** Add more water if you prefer a more soup-like consistency.) Add **spinach** and stir until wilted, 1-2 min. Season with **salt** and **pepper**.



## Make croutons

While **stew** simmers, add **ciabatta**, **remaining Italian Seasoning** and 1 tbsp oil (dbl for 4 ppl) to a baking sheet, then toss to coat. Arrange in a single layer, then sprinkle **half the Parmesan** over top. Broil, in the **middle** of the oven, until golden, 4-6 min. (**NOTE:** Keep an eye on the croutons so they don't burn!)



## Finish and serve

Divide **stew** between bowls. Sprinkle with **remaining Parmesan** and top with **croutons**.

## Dinner Solved!