**Tuscan vegetable soup ‘ribollita’** *(Soups)*

**Preparation**

Cut the vegetables into large pieces and sauté them in the pan until they are golden brown. Add the beans and cook for a while. Add the spelt and the lentils. Cover with 1 litre of water and simmer for 2 hours. As the water evaporates, gradually add another litre. When the soup is ready, let it rest for a day, then add more water to bulk it out a bit and serve with stale bread broken into small pieces and lots of olive oil.

**Tips**

Don’t know what to prepare for a winter dinner in the company of some vegetarian friends? ‘Ribollita’, which is in essence a vegetable soup, is an excellent idea.

**Trivia**

Ribollita, a winter vegetable soup known throughout Italy, is a specialty of the Tuscan region and, in particular, the city of Florence.

**Information**

- **Preparation**: 20 minutes
- **Total Time**: 120 minutes
- **Serves X**: Serves 4 persons
- **Level of difficulty**: Easy

**Ingredients**

- **Borlotti beans**: 250 grams (Soaked)
- **Spelt**: 50 grams
- **Lentils**: 40 grams
- **Cavolo nero**: 200 grams
- **Carrots**: 50 grams
- **Onions**: 50 grams
- **Celery**: 20 grams
- **Bread**: (Stale)
- **Extra virgin olive oil**
- **Salt**
- **Pepper**
- **Water**: 2000 millilitres