

## Pasta Primavera w/Tuscan Kale & White Bean Ragout

*Yield: 1 each*

*Portion Size per Serving: 1 each*

<i>Ingredients</i>	<i>Amounts</i>
Penne whole wheat, cooked	3.5 ounces
Olive oil, blend	1 tbsp
Garlic, minced	1 tbsp
Broccoli florets, trimmed and blanched	4 ounces
Sundried tomatoes, julienned	1 tbsp
White kidney beans, drained	3 ounces
Basil, fresh, chopped	2 tbsp
Vegetable stock minors	3 ounces
Parmesan cheese, shredded	½ ounce

### *Procedures*

- Heat sauté pan and add olive oil and garlic and cook over medium flame until lightly brown.
- Add broccoli, beans, and sundried tomatoes and continue to cook.
- Season lightly.
- Add vegetable stock and bring to a simmer.
- Add heated pasta and toss.
- Add fresh basil and continue to simmer until pasta has absorbed the liquid.
- Place onto serving plate.
- Top with shredded parmesan cheese.

## Tuscan Kale and White Bean Ragout

*Yield: 2 gallons*

*Portion Size per Serving: 4 ounces*

<i>Ingredients</i>	<i>Amounts</i>
Olive oil	½ cup
Garlic, minced	½ cup
Leeks, julienned	4 cups
Spanish onion, julienned	4 cups
Cannellini beans, 1 can drained	#10 can
Vegetable stock	4 cups
Kale, no stems, fine shred	6 pounds
Diced tomatoes, #10 can	1 can
Crushed red pepper	1 tsp
Kosher salt	2 tsp



*Kale substituted for broccoli in this recipe*

### *Procedures*

- In braising pan, heat olive oil with onions and leeks. Cook until tender.
- Add garlic and cook for one minute more.
- Add kale and cook until kale has wilted. Stir occasionally.
- Add beans, vegetable stock, tomatoes, and mix well.
- Cover and simmer for approximately 15 minutes until kale is tender.
- Adjust seasoning.