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[pedrogomezjr](#) Good Morning! Down 1.4 this week! At 201 even, I am within my Goal weight for the month of August!
8/3/2016 7:21:51 AM

[pedrogomezjr](#) THANK YOU WW FOR KEEPING THE OLD WW COMMUNITY HERE! CONSIDERATION THAT NOT EVERY WW MEMBER HAS AN IPHONE. I WILL POST MY WEIGH IN ON BOTH MY BLOG & CONNECT TOMORROW!!!!

weightwatchers Contributor

Man Outdoors

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Week of soups #2: Ribollita

[Edit](#), [Remove](#)Written by [manoutdoors \(reid\)](#) on 1/7/2015 3:01 PM | [COMMENTS \(3\)](#)

I have to say, on **this week of soups** I was a bit trepidatious about trying the *ribollita* **recipe** (p. 87) in the *Weight Watchers New Complete Cookbook*.

Given my weird job as a travel writer (and an adolescence partly in Italy), I've spent a lot of time in Tuscany, and even written about the Italian region in seven guidebooks over multiple editions, including hundreds of restaurant reviews.

In other words, I am a terrible *ribollita* snob—a bit of a contradiction, I suppose, considering that this is actually a Tuscan peasant soup.

But since I have sampled probably 50 or 60 *ribollita* variations over the years, I was not—forgive me—expecting much from the Weight Watchers recipe.

I was so very, very wrong.

I've tried making *ribollita* at home myself several times, using everything from cookbook recipes from celebrity chefs to instructions scribbled down by restaurant owners.

This quick and easy Weight Watchers recipe produced by far the most authentic results.

My previous *ribollitas* were sometimes decent—though never worth repeating. One or two were spectacular failures, though that's really on me and my youthful misunderstanding of one vital ingredient.

Technically a *ribollita* can have pretty much anything in it. It's name just means “re-boiled.” That means you take whatever yesterday's soup was, pour it over slabs of yesterday's bread, and heat it all up. This makes the little bit of leftover soup go farther, and it softens up the otherwise stale bread for eating.

That said, all classic *ribollitas* share a few key ingredients in addition to the stale bread: cannellini (if

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About Man Outdoors

I'm a travel writer who loves adventure sports, the great outdoors, cooking for my family, and sharing travel tips.

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8/2/2016 2:48:09 PM

pedrogomezjr Auguat 1 and looks like the old Community is not going noweher yet!! YAY!!!!

8/1/2016 10:22:28 AM

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you can't find them, great northern white beans are similar), tomatoes, and *cavolo nero*.

It was that last one that tripped me up when I first attempted to re-create this Tuscan classic. "*Cavolo nero*" translates literally as "black cabbage," which I had never heard of in English, so on my first go I just substituted red cabbage.

Huge mistake.

I ended up with a dirty gray, distinctly inedible Frankensoup, not to mention a cabbage stink that hung around the house for days.

I have since learned that *cavolo nero* is not cabbage at all, but a kind of kale. It is essentially what we call lacinato kale (sometimes sold as "dinosaur kale")—though the Tuscan version has a narrower and darker leaf.

Armed with this knowledge and the *Weight Watchers New Complete Cookbook*, I managed to make the best homemade *ribollita* of my life.

As always, I altered the recipe a bit. I used only half as much onion (inexplicably, most recipes out there vastly overestimate the amount of onion needed), as well as half the amount of bread (there's no need to layer it, as in the recipe; just pour the soup over a single basement layer of bread slices).

I was also planning to use only half the stock called for, since I know the consistency of true *ribollita* is more of a stew than a soup. However, since the bread soaked up much of the liquid—and since dinner was unexpectedly delayed and the soup simmered for nearly six hours instead of one—I did end up using the full portion of chicken broth.

I also used considerably more olive oil. Yes, I know—but, hey: I skimped on the bread, remember? And that is a refined carb, rather than a healthy, natural fat.

Besides, in Italy they pour on enough olive oil that it could be technically considered the broth, so I was actually cutting back.

The result? This *ribollita* recipe has already received multiple requests to be added to the regular meal rotation.

Up next: [Creamy Corn, Potato, and Bacon Soup](#).

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[mikidaniels \(michele\)](#)



mikidaniels (michele)

1/16/2015 12:48 PM

Late to the party but da** - you've just convinced me to buy the cookbook so I can make this recipe. I love ribollita but have avoided making it because it's usually just too many points for this stage of my WLJ. Thanks for this review (w/adjustments)!

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manoutdoors (reid)

1/9/2015 2:08 PM

Trust me: That dark photo does not do it justice. It was phenomenal—and surprisingly easy (largely a veg-chopping and open-cans-and-dump meal). I will be making it again.

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anna473 (lenore)

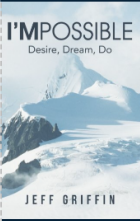
1/8/2015 11:04 AM

It certainly looks good.

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