

RECIPES FOR THE ROAD — WINTER SERIES

FLORIDA ESCAROLE, TOMATO, AND WHITE BEAN SOUP

RECIPE CREATED BY:
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INGREDIENTS (SERVES 6)

- 1 large or 2 small heads Florida escarole, rinsed and chopped large
- 4 large Florida tomatoes, diced
- 2 cups Florida celery, rinsed and diced small
- 2 cups Florida carrots, peeled and diced small
- 2 cups onion, diced small
- 8 cups low sodium vegetable or chicken broth
- 1 can white beans, drained
- 2 tablespoons fresh garlic, minced
- 2 tablespoons fresh herbs (rosemary, thyme, oregano), chopped fine
- 1 tablespoon all-purpose seasoning blend (such as Everglades)
- 1 tablespoon olive oil

- 1 tablespoon Florida-made hot sauce (your favorite)
- Fresh grated parmesan cheese to taste
- Sea salt and fresh ground pepper to taste

PREPARATION

Preheat a large soup pot or Dutch oven over medium-high heat. Add the olive oil to the preheated pot. Carefully add the onions, celery, and carrots to the pot. Cook ingredients for 5 to 7 minutes while stirring occasionally. Add the garlic and fresh chopped herbs, and cook for another 2 minutes. Add the broth and seasoning blend to the cooking ingredients in the pot. Bring ingredients to a light boil, and turn the heat down to a simmer. Add the beans, diced tomatoes and escarole. Cook ingredients for at least another 7 to 10 minutes until the escarole is tender. Taste soup and adjust seasoning with sea salt, fresh ground pepper and a dash or so of hot sauce. Serve soup warm with fresh grated parmesan cheese and extra hot sauce for garnish.



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WHEN BUYING INGREDIENTS.**



8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference! . . .

RECIPE FOR SAFE DRIVING

INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



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