

Provençal Vegetable Soup

Ingredients:

Pistou:

¾ cup (175mL) packed fresh basil leaves

½ cup (125mL) grated parmesan cheese

1/3 cup (75mL) olive oil

1 medium garlic clove minced

Soup:

1 Tbsp (15mL) olive oil

1 medium leek, white and light green parts only, halved lengthwise, sliced ½ inch (1cm) thick and rinsed thoroughly

1 celery rib, cut into ½ inch (1cm) pieces

1 carrot, peeled and sliced ¼ inch (5mm) thick

Salt and ground black pepper

2 medium garlic cloves, minced

3 cups (750mL) vegetable broth

3 cups (750mL) water

½ cup (125mL) orecchiette

½ lb (225g) green beans, trimmed and cut into ½ inch (1cm) lengths

1 (15oz) can cannellini or navy beans, drained and rinsed

1 small zucchini, halved lengthwise, seeded (if needed) and cut into ¼ inch (5mm) pieces

1 large tomato, cored, seeded, and chopped medium

Method:

1. For the Pistou: Process basil, Parmesan, oil, garlic, and pepper together in a food processor until pureed and smooth, about 10 seconds; transfer to serving bowl and set aside.

2. For the soup: Heat oil in a large dutch oven or pot over medium heat until shimmering. Add leek, celery, carrots and ½ tsp (2mL) salt and cook, stirring occasionally, until softened, 8-10 minutes.
3. Stir in garlic and cook until fragrant, about 30 seconds. Stir in broth and water and bring to a simmer. Stir in pasta and simmer until slightly softened, about 5 minutes. Stir in green beans and simmer until bright green but still crunchy, about 3 minutes. Stir in zucchini, cannellini beans, and tomatoes and simmer until all vegetables are tender, about 3 minutes longer.
4. Season with salt and pepper to taste. Ladle soup into individual serving bowls and garnish each with generous tablespoon of pistou before serving.

Serves 6 as a main course.

From America's Test Kitchen Soups, Stews and Chilis.