

Pistou Soup Provençal

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As a great Provençal classic that will warm and flavor long winter evenings, this soup is enhanced by the condiment Pistou, which is a mixture of crushed basil, garlic and olive oil. This is a perfect recipe to practice the Paysanne vegetable cut. This recipe has lot of flavor and it is totally vegetarian.

Ingredients

For the soup:

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely diced
- 1 medium leek, cut Paysanne style
- 8 ounces of navy beans, canned
- 2 medium carrots, cut Paysanne style
- 1 small zucchini, cut Paysanne style
- ½ pound tomato, finely diced
- Salt and pepper
- 1 teaspoon tomato paste
- 2 medium Russet potatoes, approx. 1 pound, finely diced
- ¼ pound green beans, cut in bit sizes
- ½ cup very fine pasta, such as angel hair

Pistou Sauce:

- 6 cloves garlic, germ removed
- Salt and pepper
- 1 cup of fresh basil leaves
- ½ cup freshly grated Parmesan, optional
- ½ cup olive oil
- Salt and freshly ground pepper, to taste

Preparation Time	20 min	Difficulty	Simple
Portions	8 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Make the soup: In a large, heavy-bottomed 6-quart stock pot, combine the olive oil and the diced onion. Stir so that the onions are coated with the oil and cook over moderate heat until soft, about 2 minutes. Add the leeks and cook for two more minutes. Add carrots, zucchini, tomato, tomato paste, cut beans, 3 quarts of cold water and salt and pepper to taste. Simmer gently for about 30 minutes. Add potatoes, green beans and pasta and cook for about 15 minutes or until potatoes are tender.

Make the Pistou in a food processor: Rinse the basil leaves and pat dry on a clean towel. Place the garlic, salt, pepper and basil in the bowl of a food processor or blender and process to a paste. Mix in the Parmesan quickly. Slowly add the oil through the funnel of the lid and process again. Taste and rectify the seasoning if desired.

Serve the soup: In a soup plate place a generous tablespoon of Pistou and serve the soup over it.

Notes

No Description available