

Soupe au Pistou

(with comments by Becky Wilson in red)

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- 1/3 cup dry white beans (navy or Great Northern), washed
- Pesto:
- 2 garlic cloves, peeled
 - 3 tablespoons extra virgin olive oil
 - 1 bunch fresh basil, leaves only
 - 1 cup (4 ounces) freshly grated Gruyere or Parmesan cheese
 - 2 small red potatoes, with skins
 - 1 large carrot, peeled
 - 1 small onion
 - 1 small zucchini, with skin
 - 1 small yellow crookneck squash, with skin -- (omitted)
 - 1 stalk of celery, peeled
 - 1 large tomato, peeled, and seeded
 - 1/4 pound green beans
 - 8 cups chicken stock or canned broth - (I used Veg. Stock)
 - Salt and freshly ground black pepper to taste.-- (Lots of pepper)

Place beans in a small saucepan and cover with a generous amount of water. Bring to a boil and cook, covered, until beans are tender, about 1 hour. Drain and reserve. (To test a bean for doneness, choose a small one. Smaller beans take longer to cook because of their dense centers. The bean should taste creamy, rather than powdery, inside.)

Make Pesto by pureeing garlic, olive oil, and a few basil leaves in a blender. Gradually add remaining leaves until all are pureed. Transfer to a small bowl, add grated cheese, and stir. Set aside. Cut each vegetable into even 1/2-inch dice and set aside. To avoid discoloration, reserve potatoes in a bowl of cold water.

Bring chicken stock to a boil in a large stockpot. Add white beans, potatoes, carrot, and onion. Return to a boil, reduce to a simmer, and cook, uncovered, 15 minutes. Add remaining vegetables and bring back to a boil. Reduce to a simmer and cook an additional 10 minutes, uncovered. Season to taste. Serve soup with a dollop of pesto in each bowl.

Prep Time: 10 minutes

Cook Time: 1 hour 40 minutes

Difficulty: Easy

(I also added 16 oz. can of crushed tomatoes)

[<http://foodtv.com/foodtv/print/recipe/0,6255,1653,00.html> - 12/27/01]