



SOUP AU PISTOU

Makes one gallon of soup, great main course with crusty bread and a winter salad.

Soup Ingredients:

3 quarts Water or vegetable/chicken stock

2 cups peeled and diced carrots

2 cups peeled and diced potatoes

2 cups diced leeks or white onions

2 cups canned white beans, rinsed (optional)

2c diced fresh green beans

½ cup small shaped pasta

1 large pinch of Saffron or ½ tsp. of yellow curry

Ground pepper to taste

Optional ingredients: 1-2 cups of each of zucchini, green or red peppers or green peas.

Pistou Ingredients:

1 bulb peeled garlic, approx. 6-8 cloves

¼ tsp. salt

¼ cup fresh basil or 1 ½ tsp. of dried

¼ cup tomato paste

½ cup grated parmesan cheese

½ cup olive oil

¼ cup parsley

Instructions:

Combine all ingredients in a 4qt sauce pan or larger and bring to a simmer, and skim off any impurities that may rise to the top. Simmer for 40 min or until vegetables are tender.

In the meantime, prepare the Pistou, using a food processor or mortar and pestle. Combine garlic, salt, basil and tomato paste and mix well making sure garlic is pureed. Slowly drizzle in olive oil. Then using a hand whip, mix in parmesan cheese, and parsley just before serving.

Garnish each bowl of soup with a full tablespoon of Pistou and serve.