FRENCH · LUNCH · DINNER

Soupe au Pistou (Provençal Vegetable and Bean Soup)

40 min · Serves 6 · 300 kcal a serve · Video 6:21 · America's Test Kitchen

No nuts listed

Packed with vegetables and cannellini beans, each serve gives about 11 g of protein and 5 g of fibre and is a good source of vitamin K and vitamin C. An olive-oil and basil pistou adds richness instead of cream.

Diet notes: Vegetarian with a vegetarian hard cheese instead of the parmesan cheese (traditionally made with animal rennet).

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Ingredients 18 · SERVES 6

- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 1 **leek**, cut into ½-inch pieces and washed well
- [ ] 1 **celery rib**, cut into ½-inch pieces
- [ ] 1 **carrot**, cut into ¼-inch pieces
- [ ] ½ tsp **salt**
- [ ] 2 **garlic** cloves, minced
- [ ] 3 cups **vegetable broth**
- [ ] 3 cups **water**
- [ ] **Pasta**: ½ cup dry orecchiette or other small pasta
- [ ] **Green beans**: 8 oz green beans or haricots verts, cut into ½-inch lengths
- [ ] 1 **zucchini**, seeded and cut into ¼-inch pieces
- [ ] 1 **tomato**, seeded and cut into ¼-inch pieces
- [ ] 1 can **cannellini beans**, with their liquid
- [ ] ¾ cup **fresh basil leaves**, for the pistou
- [ ] ½ cup grated **Parmesan cheese**, for the pistou
- [ ] ⅓ cup extra **virgin olive oil**, for the pistou
- [ ] 1 **garlic** clove, minced, for the pistou
- [ ] a pinch of **black pepper**, for the pistou

Allergens found in the listed ingredients: Gluten, Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 1 tbsp olive oil in a large pot over medium heat until shimmering. Add the leek, celery, carrot and ½ tsp salt and cook for 8–10 minutes until soft. Stir in the garlic for 30 seconds. 0:39
2. Add the vegetable broth and water and bring to a simmer. Add the pasta and cook for 5 minutes. 1:26
3. Add the green beans and cook for 3–5 minutes, until bright green and tender-crisp. 2:05
4. Stir in the zucchini, tomato and the cannellini beans with their liquid and simmer for about 3 minutes, until just tender. Turn off the heat. 2:41
5. For the pistou, blitz the basil, Parmesan, ⅓ cup olive oil and garlic in a food processor for about 15 seconds until smooth; season with pepper. 3:39
6. Ladle the soup into bowls and stir a generous spoonful of pistou into each. 4:16

> **Tip** Serves 6 (our estimate). Use vegetarian Parmesan-style cheese to keep it vegetarian, or leave the cheese out of the pistou for a vegan soup. Navy beans can replace cannellini.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
300 kcal	11 g	27 g
1,260 kJ	21% of a day	22 g net · 5 g sugars
		10% of a day

FIBRE	FAT	SODIUM
5.4 g	17 g	740 mg
19% of a day	3.5 g saturated	32% of a day
	22% of a day	

Energy from net carbs 31% · protein 15% · fat 54%

High in (20%+ of a day) Vitamin K 44% · Vitamin E 21% · Vitamin C 20% · Folate 20%

Source of (10–19%) Vitamin A 19% · Iron 17% · Magnesium 16% · Vitamin B6 16% · Selenium 15% · Calcium 14% · Omega-3 14% · Potassium 13% · Zinc 11%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=PD8EkP-nEW0, published 29 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/soupe-au-pistou-provencal-vegetable-soup