



Veggie, Bean & Pistou Soup

Serves 4

Prep. 30 min Cook 20 min

Gaze out the window on a rainy day, sipping your soup and savouring the flavours of far off places such as this little French inspired beauty! This chunky soup is satisfying and substantial with some welcome freshness provided by the pistou.

Ingredients

2 tbsp olive oil
2 onions, chopped
2 leeks, sliced
1 tbsp salt
2 L water
1 large sweet potato, diced
2 carrots, diced
2 large tomatoes, chopped
1 large zucchini, diced

200 g green beans, cut into small pieces
400 g cannellini beans, drained
Grated cheese for serving (optional, but delicious)

Pistou

3 cloves garlic
3 tbsp olive oil
1 cup basil leaves

Preparation

Soup

Step 1: Warm a large pot with a little olive oil over a medium low heat. Add the onions and leeks and gently sweat them.

Step 2: Add the salt, water, carrots and sweet potato. Bring the water to the boil.

Step 3: Once it is rapidly boiling add the rest of the vegetables, including the cannellini beans.

Step 4: Turn it down and leave to simmer for around 20 minutes.

Pistou

Step 1: Put the basil, garlic and olive oil into a blender or food processor and whiz until a coarse consistency is achieved.

Serving suggestion:

Serve up soup topped with a dollop of pistou and a good sprinkling of cheese, such as parmesan.

