



Soupe Au Pistou (Provençal Vegetable Soup with Garlic, Basil and Herbs)

The children made vegetable soup to celebrate the continent of Europe. The recipe was adapted from the Art of French Cooking book, simplified a bit to make in a crock pot in the classroom. The children diced carrots, potatoes, onion, and added herbs and pasta.

Ingredients:

Soup

3 quarts water
2 cups diced waxy potatoes
2 cups diced carrots
2 cups diced onion or white of leek
1 TBSP salt
2 cups canned white navy or kidney beans, drained
1/3 cup broken spaghetti
1 slice stale white bread, crumbled
2 cups fresh green beans, trimmed and cut into 1-inch lengths
1/4 tsp freshly ground black pepper
Optional : pinch of saffron

Pistou

4 cloves crushed garlic
4 TBSP tomato paste
1/4 cup chopped fresh basil
1/2 cup grated Parmesan cheese
1/4 to 1/2 cup fruity olive oil

Directions:

- 1) To make soup: Bring water, potatoes, carrots and onions or leeks, and salt to a boil in a 6-quart soup pot. Reduce heat and simmer uncovered for 40 minutes. Adjust salt and pepper to taste. About 20 minutes before serving add white beans, broken spaghetti, bread, pepper and saffron to the soup and simmer for 10 minutes. Add the green beans and simmer 5 to 10 minutes more, until they are cooked through but still crunchy. Again adjust salt and pepper to taste.
- 2) To make pistou: While the soup is simmering, place the garlic, tomato puree or paste, basil and cheese in a soup tureen or another pot. Pound to a paste with a wooden spoon, then beat in olive oil, drop by drop.
- 3) To finish and serve: Whisk a cup of hot soup into tureen containing pistou. When smooth add rest of soup and stir well to combine. Serve hot with French bread or croutons.

Yield: 6 to 8 servings.