

Sip, Slurp and Savour ...

Southern Accent's Cajun Pistou Soup

Ingredients

- 1/4 cup olive oil
- 1 1/2 cups onion
- 1 tbs minced garlic
- 1 leeks
- 2 potatoes
- 2 carrots
- 1/2 cup of celery
- 1/4 cup of jalopena remove seeds
- 1 zucchini
- 1/2 cup fresh flat-leaf parsley
- 2 fresh bay leaves
- 2 cups green beans cut into 1 inch pieces
- 8 tomatoes cut in half and smoked
- 4 cups of dried cranberry beans cooked
- vegetable stock
- 100 g small macaroni

Pistou Sauce

- 1 head of baked garlic
- 1 cup of fresh basil
- sea salt
- 1/4 cup of parmesan cheese
- 1/4 cup of extra virgin olive oil



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Method:

Peel and finely chop the onion and garlic, then trim and slice the leek. Chop the potatoes, carrots, celery, jalopenas and zucchini, then pick and roughly chop the parsley leaves.

1. Heat the olive oil in a large saucepan over a medium heat and sauté the onion, garlic and leek for 5 minutes.
2. Add the other chopped ingredients, the bay leaf, green beans and chopped tomatoes. Drain and add the cranberry beans. Cover with vegetable stock then season and simmer until the vegetables are tender.
3. Add the pasta and simmer until cooked, adding more stock if the soup is too thick.
4. For the pistou sauce, add the garlic, basil leaves and some sea salt to a pestle and mortar. Pound until puréed, then finely grate in the Parmesan and muddle in the extra virgin olive oil to make a paste.
5. Serve the soup with a dollop of pistou.

Yield: 6 servings



Recipe courtesy of Southern Accent
595 Markham Street, Toronto.
www.southernaccent.com

For more information, visit www.soupalicious.ca