

Vegetable Soups

- Vegetable Soup (Provençal)
- Pasta e Fagioli (Family)
- Spanish Bean and Rice Soup
- Green Minestrone Soup

Vegetable Soup (Provençal)

Source: Cook's Illustrated & America's Test Kitchen

Modified By: Heather Hayden, Michael D'Attilo

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Ingredients

Pistou (*Optional; Heather likes more than Michael*)

¾ Cup packed fresh basil leaves

1 ounce Parmesan cheese, grated (1/2 cup)

⅓ cup olive oil

1 medium garlic clove, minced or pressed through a garlic press (about 1 teaspoon)

Soup

1 tablespoon olive oil

1 medium leek, white and light green parts only, halved lengthwise, sliced 1/2 inch thick, and rinsed thoroughly

1 celery rib, cut into 1/2-inch pieces

1 carrot, peeled and sliced 1/4 inch thick

1/2 tsp salt

2 medium garlic cloves, minced or pressed through a garlic press (about 2 teaspoons)

3 cups vegetable broth

3 cups water

8 ounces green beans, trimmed and cut into 1/2-inch lengths (see note)

1 (15-ounce) can cannellini or navy beans, drained and rinsed

1 small zucchini (about 6 ounces), halved lengthwise, seeded, and cut into 1/4-inch pieces

1 large tomato, cored, seeded, and chopped medium

For Serving (*Michael likes more pasta*)

½ cup orecchiette or other small pasta, cooked separately

Parmesan Cheese

Instructions

Note: The pistou can't be made more than a few hours ahead, or its color will dull.

1. FOR THE PISTOU: Process basil, Parmesan, oil, garlic, and pepper together in food processor until pureed and smooth, about 10 seconds; transfer to serving bowl and set aside.
2. FOR THE SOUP: Heat oil in large Dutch oven over medium heat until shimmering. Add leek, celery, carrots, and 1/2 teaspoon salt and cook, stirring occasionally, until softened, 8 to 10 minutes.
3. Stir in garlic and cook until fragrant, about 30 seconds. Stir in broth and water and bring to simmer for about 5 minutes. Stir in green beans and simmer until bright green but still crunchy, about 4-5 minutes. Stir in zucchini, cannellini beans, and tomatoes and simmer until all vegetables are tender, about 3 minutes longer.
4. Season with salt and pepper to taste. Ladle soup into individual serving bowls along with pasta, and garnish each with generous tablespoon of pistou before serving.

Pasta e Fagioli (Family)

Source: *Joseph D'Attilo*

Modified by: *Michael D'Attilo*

Ingredients

Mild-Moderate Olive Oil

~1 tsp minced garlic

~1 tbsp red pepper flakes

(Better if seeds are taken out)

1/2 vidalia onion, diced

2 potatoes, cubed

4 celery stalks, sliced

4 carrots, sliced

2 small plum tomatoes, diced

2 quarts vegetable broth

3 cans Cannellini beans

(For best effect, use dry beans and cook with small pork pig's knuckle)

(If you DO use canned beans, add 1 can of bean liquid to soup)

1 can corn kernels, drained

(For best effect, cook corn kernels separately)

1/2 bunch parsley, minced

Pasta *(Small, discreet shape, such as elbows or broken linguini)*

(If you have a cheese rind saved up, drop it into the soup before it starts to boil)

Sauté garlic and red pepper flakes in a generous amount of olive oil. When oil begins to turn red around pepper, add onions, then potatoes, then celery and carrots. Add diced tomatoes for the last few minutes of cooking.

Add soup stock, beans, and corn. Simmer for about 20 minutes: you want to serve with the vegetables slightly firm. Add parsley just before serving.

Serve soup with pasta, to be added for individual taste. Heavily salt pasta water, as there is no salt in soup. *(salt less if you used store-bought broth.)*

If soup is not salty enough, or you did not add extra salt to pasta water, cheese or table salt can be used for flavor. This soup packs, freezes, and reheats well: just **make sure you don't leave the pasta in the soup**. Cook pasta fresh when reheating.

Spanish Bean and Rice Soup

Source: Thomas D'Attilo

Ingredients:

1 white onion (medium)
Chili powder (ancho if possible)
Cumin
Oregano
6 cloves garlic
3-4 ears of corn (or 1 15 oz. can)
2 zucchini
2 bell peppers
1 15 oz. can of diced tomatoes
6 cups of broth
bay leaves
1 29 oz can of red beans
1.5 cups Jasmine rice
Cilantro

Directions:

Green Minestrone Soup

Green Minestrone Soup

Source: *South Beach Diet (Karen D'Attilo)*

Modified By: *Michael D'Attilo & Susan Ahearn*

Yield: ~8 Servings

extra virgin olive oil (~3tbsp for frying, more for pasta)

1 pound pasta

2 bunches Swiss chard, chopped

3 leeks, white and green parts chopped (white halved & chopped)

2 cups green beans, cut into 1 in pieces

6 ribs celery, chopped

2 zucchinis, sliced

1/2 cup chopped Italian parsley

3 teaspoons minced garlic

2 tsp dried oregano, crushed

1/2 tsp ground black pepper

1/4 tsp salt

6-8 cups chicken broth

grated Parmesan cheese

Cooking the Soup

Heat about 3 tbsp of oil in a large stock pot over medium heat. Add the leeks, celery, minced garlic, dried oregano, pepper, and salt. Cook, stirring frequently, until the vegetables begin to soften and lose some of their volume.

Add the broth, Swiss chard, and green beans. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until vegetables are tender.

Stir in the parsley and zucchini. Cover and cook until heated through.

Cooking the Pasta

As the soup is cooking, bring water to a boil and add pasta. Salt only minimally (under-salt the pasta). Once the pasta is al dente, remove from water, place in bowl, and coat lightly in olive oil to prevent cooking.

Serving

Serve soup and pasta separately, allowing individuals to combine to their own tastes. Soup will be under-salted, which allows individuals to add salt (or the salty Parmesan cheese) to their own tastes as well.

(Alternative: Use only 2(?) teaspoons of minced garlic, and add 2(?) cloves of coarsely chopped garlic along with the parsley and zucchini.)

(Alternative: Use Cannellini Beans instead of pasta? Add Marjoram? -Sue)