



## Provençal Pistou

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

### Ingredients

- 2 cups basil coarsely chopped
- 1 bay leaf
- 2 medium carrots cut into 1/2-inch dice
- 2 small rib celery cut into 1/2-inch dice
- 4 cups chicken stock see low-sodium canned
- 0.5 cup corn kernels fresh
- 3 medium garlic cloves quartered
- 4 ounces green beans cut into 1-inch pieces

- 1 medium leek thinly sliced
- 4 ounces beans dried fresh such as cranberry beans ( 1 cup) or 1/2 cup black-eyed peas, soaked overnight in cold water and drained shelled
- 0.5 cup olive oil extra-virgin
- 1 bell pepper red cut into 1/2-inch dice
- 4 servings salt and pepper freshly ground
- 1 large shallots thinly sliced
- 2 thyme sprigs
- 2 cups water
- 1 medium zucchini quartered

## Equipment

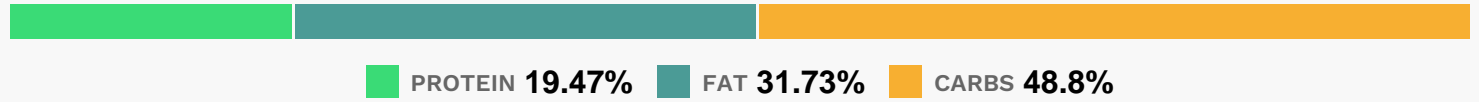
- food processor
- bowl
- sauce pan
- blender

## Directions

- In a small saucepan, combine the beans with the bay leaf and 2 cups of the water. Cover partially and simmer over low heat until tender, about 20 minutes for fresh beans and 45 minutes for dried. Discard the bay leaf.
- Heat 2 tablespoons of the olive oil in a large saucepan.
- Add the leek, shallot, celery, carrots, bell pepper, thyme and the remaining 3 tablespoons of water and cook over moderate heat until the water has evaporated and the vegetables soften, about 10 minutes.
- Add the stock and a large pinch each of salt and pepper; bring to a simmer.
- Add the green beans, corn and the cooked shell beans along with any remaining cooking liquid. Cover and simmer over low heat until the corn is tender, about 5 minutes.
- Meanwhile, in a food processor, combine the basil and garlic and process to a paste. With the machine on, slowly pour in the remaining 1/2 cup of olive oil.

- Transfer the puree to a blender and blend until very smooth. Scrape the puree into a bowl and season with salt.
- Add the zucchini to the soup and simmer just until tender, about 4 minutes. Discard the thyme sprigs and season the soup with salt and pepper.
- Remove the soup from the heat, stir in the basil puree and serve at once.

## Nutrition Facts



### Properties

Glycemic Index:94.71, Glycemic Load:3.52, Inflammation Score:-10, Nutrition Score:24.243478381115%

### Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

### Nutrients (% of daily need)

Calories: 201.84kcal (10.09%), Fat: 7.75g (11.92%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 19.94g (7.25%), Sugar: 7.71g (8.57%), Cholesterol: 0mg (0%), Sodium: 307.98mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.39%), Vitamin A: 7386.21IU (147.72%), Vitamin K: 83.58µg (79.6%), Vitamin C: 60.2mg (72.97%), Manganese: 0.67mg (33.58%), Folate: 131.93µg (32.98%), Fiber: 6.86g (27.42%), Vitamin B3: 4.96mg (24.78%), Potassium: 819.61mg (23.42%), Vitamin B6: 0.43mg (21.72%), Phosphorus: 195.38mg (19.54%), Copper: 0.37mg (18.36%), Iron: 2.97mg (16.48%), Magnesium: 64.24mg (16.06%), Vitamin B2: 0.24mg (14.18%), Vitamin B1: 0.2mg (13.01%), Vitamin E: 1.94mg (12.95%), Calcium: 101.36mg (10.14%), Zinc: 1.21mg (8.09%), Vitamin B5: 0.63mg (6.3%), Vitamin B12: 0.24µg (3.93%), Selenium: 1.46µg (2.09%)