



## Provencal Vegetable Soup

READY IN



80 min.

SERVINGS



8

CALORIES



897 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 3 quarts chicken stock see homemade canned
- 0.5 pound haricots verts cut in 1/2
- 1.5 tablespoons kosher salt
- 2 cups leeks light white green chopped (2 to 4 leeks)
- 2 tablespoons olive oil good
- 2 cups onions chopped (2 onions)
- 8 servings parmesan freshly grated for serving
- 1 teaspoon saffron threads

- 4 ounces pasta like spaghetti

## Equipment

- food processor
- bowl
- whisk
- pot

## Directions

- Heat the olive oil in a large stockpot, add the onions, and saute over low heat for 10 minutes, or until the onions are translucent.
- Add the leeks, potatoes, carrots, salt, and pepper and saute over medium heat for another 5 minutes.
- Add the chicken stock and saffron, bring to a boil, then simmer uncovered for 30 minutes, or until all the vegetables are tender.
- Add the haricots verts and spaghetti, bring to a simmer, and cook for 15 more minutes.
- To serve, whisk 1/4 cup of the pistou into the hot soup, then season to taste. Depending on the saltiness of your chicken stock, you may need to add up to another tablespoon of salt.
- Serve with grated Parmesan cheese and more pistou.
- large garlic cloves
- 1/4 cup tomato paste
- large basil leaves
- 1/2 cup freshly grated Parmesan
- 1/2 cup good olive oil
- Place the garlic, tomato paste, basil, and Parmesan in the bowl of a food processor and puree. With the motor running, slowly pour the olive oil down the feed tube to make a paste. Pack into a container, pour a film of olive oil on top, and close the lid.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:6.82, Inflammation Score:-8, Nutrition Score:30.882608652115%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

## Nutrients (% of daily need)

Calories: 896.69kcal (44.83%), Fat: 40.39g (62.13%), Saturated Fat: 13.47g (84.21%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 21.42g (7.79%), Sugar: 4.11g (4.56%), Cholesterol: 197.84mg (65.95%), Sodium: 3507.96mg (152.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 103.68g (207.36%), Selenium: 81.62µg (116.59%), Phosphorus: 808.55mg (80.85%), Zinc: 10.07mg (67.11%), Vitamin B12: 3.91µg (65.15%), Vitamin B3: 9.19mg (45.93%), Calcium: 442.64mg (44.26%), Vitamin B6: 0.86mg (43.12%), Iron: 5.94mg (33.02%), Vitamin K: 34.01µg (32.39%), Vitamin B2: 0.51mg (30.03%), Vitamin A: 1431.19IU (28.62%), Magnesium: 105.95mg (26.49%), Potassium: 764.29mg (21.84%), Manganese: 0.39mg (19.73%), Copper: 0.29mg (14.71%), Vitamin E: 2.05mg (13.68%), Vitamin C: 9.1mg (11.03%), Folate: 43µg (10.75%), Fiber: 2.36g (9.45%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.34mg (3.45%), Vitamin D: 0.5µg (3.37%)