



## Provençal Vegetable Soup (Soupe au Pistou)

 Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 slices accompaniment: grilled baguette brushed with olive oil
- ☐ 1 cup basil leaves packed
- ☐ 1 large carrots cut into 1/2-inch pieces
- ☐ 1 rib celery cut into 1/2-inch pieces
- ☐ 2 cups edamame fresh frozen thawed ( soybeans)
- ☐ 0.5 cup flat-leaf parsley leaves packed
- ☐ 1 garlic clove finely chopped
- ☐ 2 garlic cloves finely chopped

- ☐ 0.3 pound green beans trimmed cut into 1-inch pieces
- ☐ 3 ounces coarsely gruyère grated
- ☐ 1 large leek white green washed and thinly sliced (2 cups) ( and pale parts only)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 cup shells
- ☐ 0.5 pound potatoes boiling peeled cut into 1/2-inch pieces
- ☐ 0.5 pound swiss chard coarsely chopped cut into 1/2-inch pieces and leaves
- ☐ 1 large thyme sprig
- ☐ 1 small tomatoes
- ☐ 8 cups water
- ☐ 0.5 pound zucchini cut into 1/2-inch pieces

## Equipment

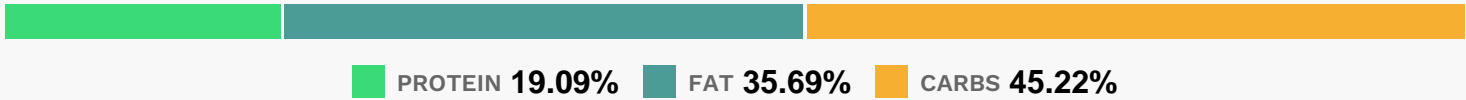
- ☐ food processor
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Cook leek, celery, carrot, garlic, and thyme sprig in oil with 1/2 teaspoon salt and 1/4 teaspoon pepper in a 5-to 6-quart heavy pot over medium heat, stirring occasionally, until vegetables brown and stick to bottom of pot, 10 to 15 minutes.
- ☐ Add potatoes and chard stems with 1/2 teaspoon salt and cook, stirring occasionally, until beginning to soften, about 5 minutes.
- ☐ Add water and bring to a boil, stirring and scraping up brown bits.
- ☐ Stir in edamame, zucchini, green beans, pasta, chard leaves, and 1/4 tsp salt and simmer, uncovered, until pasta is al dente and vegetables are tender, about 10 minutes. Discard thyme sprig.
- ☐ Heat a dry small skillet (not nonstick) over medium heat until hot, then char tomato on all sides. Core tomato, then purée with basil, parsley, and garlic in a food processor.
- ☐ Add oil and cheese and blend well.

- ☐
- Remove soup from heat and stir in half of pistou and salt and pepper to taste.
- ☐
- Serve soup with remaining pistou.
- ☐
- Soup, without pistou, can be made 1 day ahead and chilled. Reheat before serving.

## Nutrition Facts



## Properties

Glycemic Index:93.76, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:23.396521840406%

## Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 2.02mg, Myricetin: 2.02mg, Myricetin: 2.02mg, Myricetin: 2.02mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

## Nutrients (% of daily need)

Calories: 287.75kcal (14.39%), Fat: 11.7g (18%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 27.63g (10.05%), Sugar: 6.05g (6.72%), Cholesterol: 15.59mg (5.2%), Sodium: 257.63mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.07g (28.15%), Vitamin K: 436.38µg (415.6%), Vitamin A: 5674.17IU (113.48%), Vitamin C: 36.34mg (44.05%), Manganese: 0.63mg (31.45%), Calcium: 269.33mg (26.93%), Potassium: 870.47mg (24.87%), Fiber: 5.72g (22.87%), Iron: 3.9mg (21.67%), Magnesium: 79.71mg (19.93%), Phosphorus: 197.12mg (19.71%), Selenium: 11.98µg (17.12%), Vitamin B6: 0.32mg (15.9%), Copper: 0.31mg (15.47%), Folate: 61.33µg (15.33%), Vitamin E: 1.95mg (13%), Vitamin B2: 0.19mg (11.17%), Vitamin B1: 0.16mg (10.68%), Zinc: 1.41mg (9.39%), Vitamin B3: 1.75mg (8.74%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.23µg (3.78%)