



Super Simple "Soupe au Pistou"

By Dylan Sabuco

Prep Time 10 / **Cook Time** 25 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

season: to add flavor to food with spices, herbs, and salt.

simmer: to cook a food gently, usually in a liquid, until softened.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

Equipment

- ☐ Large pot
- ☐ Cutting board + kid-safe knife
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Ladle

Ingredients

Super Simple "Soupe au Pistou"

- ☐ 1 medium russet potato or sweet potato
- ☐ 2 green onions
- ☐ 1 carrot
- ☐ 1 handful of fresh basil leaves
- ☐ 1 T vegetable oil
- ☐ 1 pinch of all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 2 garlic cloves or 1 tsp garlic powder
- ☐ 1 can cannellini beans, drained for ****(LEGUME ALLERGY sub 1 potato)****
- ☐ 3 C water

Food Allergen Substitutions

Super Simple "Soupe au Pistou"

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour for all-purpose flour.

Legume: Substitute 1 potato

Instructions

Super Simple "Soupe au Pistou"

intro

As the name implies, this soup recipe is simple and quick to whip together. "Soupe au Pistou" (Soup oh PEACE-too) is a hearty French classic that generally consists of potatoes, beans, and basil pesto. This recipe won't deviate from the original. The longer this soup simmers the more flavorful it becomes. This makes this recipe the perfect soup for anyone who needs a go-to recipe that you can throw on a back burner in the afternoon, and by dinnertime you have the perfect, hearty meal ready-to-go.

chop + drizzle

Start by chopping **1 potato, 2 garlic cloves, 2 green onions, and 1 carrot** into a rough, large dice. Measure **1 tablespoon of vegetable oil** and drizzle that into a large pot over medium heat. Place all the chopped vegetables in the large pot.

sauté + sprinkle

Sauté the vegetables for about 5 to 7 minutes while sprinkling **1 pinch of flour**, **1 teaspoon salt**, and **1/2 teaspoon black pepper** into the pot.

simmer + stir

Add **1 can of drained cannellini beans** and **3 cups of water** to the pot. Simmer the soup, stirring occasionally, for at least 20 minutes or until the potatoes are tender.

season + tear + serve

After simmering the soup to your desired consistency, season with the remaining **1 teaspoon of salt**. Tear and toss in **1 handful of basil leaves**. Serve immediately. The longer the soup sits with the fresh basil the more flavorful it will become; however, the basil will wilt and begin to turn a very dark green, almost black color. Serve this Super Simple "Soupe au Pistou" alongside Fresh Fast French Bread (see recipe) and cleanse your palate with Elegant French Basil Sorbet (see recipe). Bon Appetit!

Featured Ingredient: Basil!

Hi! I'm Basil!

"Ciao (chow)! I'm Basil! But you can also call me Genovese basil (that's Italian, from Genoa). My leaves are usually used fresh, added late in cooking to keep my flavor. If you combine me with olive oil, garlic, pine nuts, and Parmesan cheese, you'll have a yummy, green Italian sauce called "pesto," which is good on pasta. You'll also find me on a delicious but simple pizza from Naples, Italy, called "pizza margherita." Besides fresh basil leaves, Neapolitans (people from Naples) traditionally top this pizza with a tomato sauce from San Marzano tomatoes, fresh mozzarella cheese, a drizzle of olive oil, and a sprinkle of salt. Of course, basil is good in dishes from many countries!"

History

A long time ago, Greeks and Romans believed basil would only grow if you screamed wild curses and shouted while sowing the seeds. They also thought that If you left a basil leaf under a pot, it would turn into a scorpion!

Basil may have originated in India; there are speculations that it originally came from tropical areas spanning from Southeast Asia to Central Africa.

Ancient Egyptians used to use basil to embalm the dead and prepare for burial.

In Italy, basil is considered a token of love, and in Romania, if a girl gives a sprig of basil to her boyfriend, they are engaged.

Anatomy & Etymology

Basil is a part of the mint family. There are 50 to 150 species, including Genovese (Italian) basil (the most common), Thai basil, cinnamon basil, lemon basil, lettuce basil, spicy globe basil, and green ruffles basil! Each type of basil has a unique aroma and taste.

Leaves of the basil plant tend to be oval-shaped, shiny, and smooth-edged. Their edges cup slightly.

Basil plants can grow to be from 8 inches to 4 feet high.

Basil has seeds that can germinate after 10 years!

Basil will grow small flowers that look like spikes at the top of the plant. The flowers are edible, but we generally eat and use just the leaves.

The word "basil" comes from the Greek "vasilikos," which also means "royal." It is believed that basil was once used in royal perfumes.

How to Pick, Buy, & Eat

Basil grows best in hot climates. When harvesting basil, pinch or cut the leaves at the stem from the top of the plant down. Select a few large leaves rather than snipping the whole stem. Choose leaves that are bright and free from blemishes. Picking leaves encourages the plant to produce more leaves.

You could also try growing basil in a pot on your kitchen window sill, so it's easy to pick what you need when you need it.

Wash basil gently and pat dry. When you buy basil from the store, it will often come with its stems. Trim the ends of the stems and store in a glass of water as you would a bunch of flowers. Basil stores best at room temperature.

Use fresh basil leaves in salads, salad dressings, sauces, pasta, marinades, and sandwiches. Basil leaves in cold water make a nice summer refresher, or add some mint with the leaves to make a digestive hot tea.

Basil can be dried or blanched and frozen. Dried basil enhances the flavor of tomato soup.

Nutrition

Basil contains 98% of our DV of Vitamin K1 in just one-half of a cup! Vitamin K1 is essential for blood clotting. For example, when we get a cut, we need our blood to clot so that the bleeding will stop and our cut will heal.

Basil contains carotenoids—those powerful plant-based nutrients that protect our cells from oxidation (rust) and enhance immunity.

Essential oils found in basil not only give it its aromatic and therapeutic scent but are also anti-inflammatory.

Basil has been shown to act as an adaptogen. Adaptogens are natural substances that help us respond in a healthful way to stress. So the next time you're feeling stressed, grab a handful of basil, hold it to your nose, and breathe in deeply. Then, toss it in your salad and eat it.

