



Navy Bean and Pasta Soup with Pistou

Christine Cushing, TV Chef and Cookbook Author

Makes about 6 servings

2 Tbsp (30 mL) olive oil
2 leeks (white parts only), thinly sliced
1 large onion, finely chopped
2 carrots, peeled, halved lengthwise and thinly sliced
2 stalks celery, thinly sliced
3 small cloves garlic, thinly sliced
3 sprigs fresh thyme
2 bay leaves
8 cups (2 L) chicken or vegetable stock
1 can (19 oz/540 mL) navy or cannellini beans, drained and rinsed

$\frac{3}{4}$ cup (185 mL) good-quality small shell pasta
Salt and pepper to taste
Freshly grated Parmesan cheese for garnish (optional)

Pistou

1 large bunch basil, washed and dried, leaves picked off
 $\frac{1}{3}$ cup (80 mL) extra virgin olive oil
1 small clove garlic, crushed

1. For the soup, heat the oil in a large pot over high heat. Add the leeks and onion. Cook, stirring often, until the onion has softened.
2. Add the carrots, celery, garlic, thyme and bay leaves. Cook, stirring often, until golden.
3. Add the stock and bring to a boil.
4. Reduce the heat and simmer, covered, until the vegetables are tender, about 15 minutes.
5. Add the beans, pasta and salt and pepper to taste. Bring to a gentle simmer. Cook, covered, until the pasta is tender, 7 to 9 minutes. Remove the thyme stems and bay leaves.
6. Meanwhile, for the pistou, combine all the ingredients in a food processor or mini chopper. Pulse until smooth.
7. Ladle up bowlfuls of the soup and add a heaping dollop of pistou to each bowl, then sprinkle with Parmesan (if using).



This soup is a Mediterranean favorite of mine which you can adapt by using almost any variety of vegetables you have on hand. The basil and garlic pistou added at the end gives the soup a bold kick.

—Christine Cushing



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The Soup Sisters and Broth Brothers
Cookbook
by Chef Christine Cushing

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