

SOUPE AU PISTOU

INGREDIENTS:

3 quarts of water or bouillon
2 cups each of diced carrots, potatoes and leeks
2 cups diced green beans
2 cups cooked canned navy beans or kidney beans salt and pepper

- Bring the water or bouillon to the boil
- Cook vegetables until tender
- Add cooked beans
- Taste and correct seasoning

Any leftover vegetables can be used

PISTOU:

4 cloves of garlic - mashed
4 Tb tomato paste
1/4 cup chopped fresh basil or 1 1/2 Tb dried basil
1/2 cup grated Swiss cheese
1/4 to 1/2 cup olive oil

While soup is cooking, prepare pistou

- Place garlic, tomato paste, basil and cheese in bowl.
- Mash to a paste with wooden spoon
- Add olive oil, drop by drop.
- Pour soup into the pistou or leave in a separate container for each person to add to its dish of soup

Pistou can be added to a dish of noodles or rice. It keeps for a while.