



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

WWW.ROSEMARYCONLEY.COM

Recipe © Rosemary Conley Enterprises

SOUP AU PISTOU

Soup au Pistou is a good, hearty, wholesome soup.

Serves 4

Per serving 315 kcal/5.3g fat

Preparation time 15 minutes

Cooking time 60 minutes

INGREDIENTS

50g white beans, cannellini or haricot, soaked overnight
4 rashers smoked lean-back bacon, cut into strips (optional)
4 small shallots, finely chopped
2 garlic cloves, crushed
4 large carrots, diced
2 large baking potatoes (approx. 175g), diced
2 x 400g cans chopped tomatoes
2 tbsps small pasta shapes
2 tsps chopped fresh oregano
2 - 3 tsps vegetable stock bouillon powder
black pepper

METHOD

1. After soaking the beans overnight, rinse well and place in a large saucepan with the bacon, shallots, garlic and carrots.
2. Cover with water and bring to the boil. Reduce the heat and simmer gently for 30 minutes, topping up with water as required. Add the potatoes, tomatoes, pasta and oregano. Taste the soup and add sufficient stock powder, adjusting the consistency with more water.
3. Continue to simmer for a further 25 minutes until the beans are soft. Season well with black pepper and serve hot.

Depending on the salt level in the bacon you may or may not need to add too much stock powder. Vegetarians can omit the bacon and add extra stock

