



Provençal Vegetable Soup

with White Beans & Pistou Croutons



30-40min



2 Servings

There is nothing like a steaming bowl of soup to chase away the winter blues. Case in point: this hearty soup, full of the flavors and ingredients of Provence. We simmer creamy white beans, sweet carrots, aromatic onions and garlic, and tender Swiss chard in vegetable broth. Crisp, pesto-covered croutons and Parmesan complete each serving, making it a vegetarian dish substantial enough for a cold-weather dinner.

What we send

- 12 oz green Swiss chard (use half)
- 1 carrot
- 1 medium yellow onion
- garlic
- 1 can cannellini beans
- 1 pkt vegetable broth concentrate
- 1 ciabatta roll ¹
- 4 oz basil pesto ⁷
- ¾ oz piece Parmesan ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot
- rimmed baking sheet
- box grater

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 24g, Carbs 67g, Proteins 23g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Cut **half of the Swiss chard stems** from **leaves** (save rest for own use); thinly slice stems, then slice leaves crosswise into ½-inch ribbons, keeping separate. Scrub and trim **carrot**, then cut into ½-inch pieces. Finely chop **all of the onion**. Finely chop **1 teaspoon garlic**. Drain and rinse **beans**.



4. Bake croutons

Meanwhile, cut **ciabatta** into ½-inch cubes. On a rimmed baking sheet, toss bread cubes with **1 tablespoon each of the pesto and oil**. Bake on center oven rack until croutons are crisp, 6-8 minutes (watch closely).



2. Sauté vegetables

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **onions, carrots, and Swiss chard stems**; season with **salt and pepper**. Cook, stirring occasionally, until vegetables are golden and slightly softened, 3-4 minutes.



5. Finish soup

Reduce heat to medium and simmer **soup** until **vegetables** are tender, 5-7 minutes. Stir in **beans** and **Swiss chard leaves**; cook, stirring, until Swiss chard is wilted, 2-3 minutes.



3. Add broth

Add **garlic** to pot; cook, stirring, until fragrant, about 1 minute. Add **vegetable broth concentrate** and **3½ cups water**; season with **salt** and **pepper**. Bring to a boil over high heat.



6. Garnish & serve

Meanwhile, coarsely grate **Parmesan** on the large holes of a box grater. Ladle **vegetable soup** into bowls. Drizzle **some of the remaining pesto** over top, then top with **croutons** and **Parmesan**. Pass **any remaining pesto** to top as desired. Enjoy!