



Provençal Vegetable Soup

with White Beans & Pistou Croutons



30-40min



2 Servings

This hearty soup is full of the flavors and ingredients of Provence. We simmer creamy beans, sweet carrots, aromatic onions and garlic, and tender kale 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

- 1 bunch Tuscan kale
- 1 carrot
- 1 yellow onion
- garlic
- 15 oz can cannellini beans
- 1 pkt vegetable broth concentrate
- 1 ciabatta roll ¹
- 4 oz basil pesto ⁷
- ¾ oz 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 550kcal, Fat 23g, Carbs 66g, Protein 20g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Remove half of the **kale leaves** from tough stems (save rest for own use); discard stems. Cut leaves into ½-inch wide ribbons. Scrub and trim **carrot**; cut into ½-inch pieces. Finely chop **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 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** and **carrots**; 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 **kale leaves**; cook, stirring, until kale is wilted, 2–3 minutes.



3. Add broth

Add **chopped 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 **all of the 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!