



Winter Provençal 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

- garlic (use 1 large clove)
- 1 medium yellow onion
- 1 carrot
- 12 oz green Swiss chard
- 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

- colander
- 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 650kcal, Fat 24g, Carbs 83g, Protein 27g



1. Prep ingredients

Preheat oven to 400°F with a rack in center. Peel and finely chop **1 teaspoon garlic**. Peel and finely chop **onion**. Trim **carrot** and cut into ½-inch pieces. 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. 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 of the pesto** and **1 tablespoon oil**. Bake until croutons are crisp, 6–8 minutes.



2. Sauté aromatics

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **onion, carrot,** 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 until **vegetables** are tender, 5–7 minutes. Stir in **beans** and **Swiss chard leaves**; cook until Swiss chard is wilted, 2–3 minutes.



3. Make soup

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



6. Garnish & serve

Meanwhile, coarsely grate **Parmesan** on the large holes of a box grater. Ladle soup into bowls. Drizzle **some of the remaining pesto** over soup (save rest for own use), then top with **croutons** and **Parmesan**. Enjoy!