

COURSE NAME	Know Your Knives and How to Boil Water
INSTRUCTOR	
DATE	
STUDENT NAME	

Vegetable and Bean Soup with Pesto



NOTES FOR THE HOME COOK

This soup is great for busy weeks and tight budgets. It's also highly adaptable to whatever vegetables are in season; just make sure to replace listed items with those that mimic the original ingredients in flavor, quantity, and cooking time. (For example, in the winter, change out the sweet and long-cooking carrot for a parsnip or the starchy pasta for two small potatoes.)

To make cooking easier, read the recipe through before you start cooking so you're familiar with the process. As you prep your ingredients, line them up in the order you will need them, and use any hands-off cooking time to prepare a simple side dish like a green salad.

INGREDIENTS

FOR PESTO

- ¾ cup fresh basil leaves
- 1 garlic clove
- 1 ounce Parmesan cheese
- ⅓ cup extra-virgin olive oil
- Salt
- Pepper

FOR SOUP

- 1 carrot
- 1 celery rib
- 1 leek
- 2 garlic cloves
- 8 ounces green beans
- 1 small zucchini
- 1 (15-ounce) can low-sodium cannellini beans
- 1 large tomato
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- Salt
- Pepper
- 3 cups water
- 3 cups low-sodium vegetable or chicken broth
- ½ cup orecchiette

EQUIPMENT

- Chef's knife
- Grater
- Vegetable peeler
- 2 medium bowls
- Paring knife
- Cutting board
- Colander
- Large bowl
- Measuring cups
- Measuring spoons
- 4-cup liquid measuring cup
- 3 small bowls
- Dinner spoon
- Dutch oven or large pot (6-quart capacity)
- Wooden spoon
- Ladle

RECIPE SNAPSHOT

TOTAL TIME	40 minutes
PREPARATION TIME	20 minutes
ACTIVE COOKING TIME	20 minutes
YIELD	4 servings
MAKE AHEAD	Soup can be prepared up until pasta is added and refrigerated for up to 2 days.
DIFFICULTY	Easy

NOTES

KITCHEN NOTE

Time Saver

Substitute homemade or storebought pesto for the pistou.

