



Winter Vegetable Soup with Basil-Mint Pesto

MyPlate2Yours - Lynn Dugan

Ingredients

1/4 cup olive oil
2 leeks, white and green parts, sliced (Clean well...First, I cut off both ends and cut vertically. Then I rinse each section thoroughly to remove the sandy grit it's grown in)
2 celery stalks, sliced
1-15 ounce canned petite diced tomato, undrained
1 tablespoon tomato paste
6 cups vegetable (vegan) or chicken stock
1 cup water
2 pounds sweet potatoes, peeled and diced (I prefer red garnets)
1/2 cup orzo pasta (omit for gluten-free)
1-15 ounce can cannellini beans, drained and rinsed
1/2 pound kale leaves, coarsely chopped
1 teaspoon salt and freshly ground pepper
Basil-Mint pesto (recipe below*)

Directions

Heat oil in a heavy saucepan over medium-high heat, cook leeks and celery until slightly browned, about 5-8 minutes, stirring frequently.

Add tomatoes and paste, stock, potatoes and pasta. Bring to a boil. Reduce heat to simmer and cover until vegetables are tender, 10-20 minutes. Add beans and kale, heat thoroughly and season to taste. Serve in individual bowls with a heaping tablespoon of pesto on top. Enjoy the soup by stirring in the pesto to combine. Enjoy!!

***Basil-Mint Pesto**

1-1/2 cup basil
1/2 cup mint
1/4 cup parsley
1/2 cup hazelnuts or pine nuts, toasted
4 cloves garlic
1/2 cup parmesan cheese
Salt and freshly ground pepper, to taste.
1/4 cup EVOO

Blend first 6 ingredients in a food processor. Occasionally scrape down sides to blend evenly. Add salt and pepper to taste. Slowly drizzle the olive oil to blend. Adjust oil amount, as needed, for proper consistency. Makes 1 cup.