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“Good For You” Vegetable Soup with Pesto

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From Wendy Erickson

This recipe won second prize at a Star Tribune Recipe Contest

Serves 25-30

INGREDIENTS - SOUP

2 cup onions, chopped	4 Tbsp olive oil	6 quarts of water
2 - 28oz cans of tomatoes, whole or chopped (not pureed)		
1 tablespoon of salt	3/4 cup barley	2 zucchini, chopped
2 yellow squash, chopped	2 cups chopped carrots*	1 cup fresh green beans*
1 cup chopped celery leaves		

* (may use frozen)

INGREDIENTS - PESTO

1 cup of minced garlic	1 cup dried sweet basil (2 - 1oz packages)
6 oz. can tomato paste	1/2 to 3/4 cup olive oil

INGREDIENTS - GARNISH

Grated parmesan cheese

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DIRECTIONS - SOUP

1. Add the olive oil to a heavy bottom stock pot or Dutch oven.
2. Add the onions to the pot and sauté until they are soft and golden.
3. Add the tomatoes, barley, water and salt. Break up any whole tomatoes.
4. Bring to boil, and then simmer for 45 minutes.
5. Add carrots, beans, celery, zucchini, and squash, and then simmer uncovered for 20 minutes or until the vegetables are tender.

DIRECTIONS - PESTO

1. Mix the garlic, basil, tomato paste, and ½ cup olive oil until smooth. Add more oil as needed.

SERVING

Ladle the soup into bowls, and then stir one heaping teaspoon of pesto into each. Garnish with parmesan cheese. Serve with crusty French bread and a good red wine.

STORAGE

Store any remaining soup and pesto in separate containers. DO NOT mix and store as the pesto will give the soup an unpleasant flavor.

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