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| “Good For You” Vegetable Soup with Pesto 1 of 2 From Wendy EricksonThis recipe won second prize at a Star Tribune Recipe ContestServes 25-30INGREDIENTS - SOUP2 cup onions, chopped 4 Tbsp olive oil 6 quarts of water2 - 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 - PESTO1 cup of minced garlic 1 cup dried sweet basil (2 - 1oz packages)6 oz. can tomato paste 1/2 to 3/4 cup olive oilINGREDIENTS - GARNISHGrated parmesan cheese |
| “Good For You” Vegetable Soup with Pesto 2 of 2 DIRECTIONS - SOUP1. 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 - PESTO1. Mix the garlic, basil, tomato paste, and ½ cup olive oil until smooth. Add more oil as needed.

SERVINGLadle 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.STORAGEStore 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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