

## SOUPE AU ARUGULA PISTOU

PAIRED WITH 2017 JOIE DE VIVRE | YIELDS 4 SERVINGS

### INGREDIENTS

1 tbsp Olive Oil  
½ cup Onion, diced  
4 Garlic Cloves, minced  
2 pinches Kosher Salt  
1 pinch Black Pepper, ground  
2 quarts Vegetable Stock  
5 sprigs Thyme, tied with twine for easy removal  
10 sprigs Parsley stems, no leaves  
(use leaves for garnish), tied with the thyme  
1½ cups Plum Tomato, peeled, seeded and  
diced, or one 14-ounce can, with liquid  
1½ cups Carrots, diced  
2 cups Celery Stalks, diced  
½ cup Rutabaga, peeled and diced  
1½ cups Green Cabbage, julienne  
1 cup Zucchini, diced

1½ cups White Beans  
1½ cups Green Beans, trimmed and cut  
1-inch, pre-cooked al dente  
1½ cups Small Pasta, such as macaroni or  
small shells, pre-cooked al dente  
Kosher Salt and freshly ground Pepper,  
as needed  
¼ cup freshly grated Parmesan, garnish  
2 tbsp fresh Parsley, garnish

### PISTOU INGREDIENTS:

2 large Garlic Cloves  
2 cups Arugula Leaves, washed and dried  
½ cup Extra Virgin Olive Oil  
½ cup freshly grated Parmesan  
Kosher Salt and freshly ground Pepper,  
as needed

### METHOD

1. Heat the olive oil in a heavy pot over medium heat. Add the onion, salt and pepper and cook until tender and translucent.
2. Add the garlic, stir, and continue cooking until fragrant.
3. Add the stock, thyme, parsley, tomato, carrots, celery and rutabaga. Bring to a simmer and continue cooking for 15 minutes until the vegetables are just tender.
4. Add the cabbage, zucchini and white beans and bring back to the simmer and cook for 8 minutes so the vegetables are just tender. Taste and adjust the seasonings.
5. Meanwhile, place 2 separate pots of salted water on the stove over high heat, one for the beans and the other for the pasta.
6. Once the pots are boiling, cook the green beans (5 minutes) and pasta (as outlined on the package) until al dente – firm but tender.
7. Transfer the beans once cooked to a bowl of ice-cold water to stop cooking. Drain and set aside.
8. Drain and cool the pasta and coat lightly with olive oil. Set aside.
9. To make the pistou, combine the garlic and arugula in a food processor until well minced. Add the olive oil and parmesan and pulse only until combined. Do not over-process or it will be bitter.
10. To serve the soup, add the pasta and green beans to the soup and bring back to a simmer (hot). Taste and adjust for salt and pepper. Serve in pre-heated bowls and top with a tablespoon of pistou and a sprinkle of parsley and parmesan cheese.