

FARMERS MARKET VEGGIE SOUP WITH PISTOU (Pesto)

Yield: Serves 6-8

I go to my local farmer's market, Franklin Farmer's Market every Saturday that I'm in town and so love my time there visiting with the farmers and folks from the community. Well, on Friday night when I open my fridge and I see I have quite a few more veggies to eat to make room for the next day's shopping spree at the market...I panic. I panic because I never want to throw away any of the veggies that I know my farmers have worked long and hard to grow. So, I take some homemade chicken stock and throw all my veggies into that to have as a base for the next several days to throw in some beans, lentils, cooked sausage or whatever protein source you want to add in. Drizzle with a nice extra-virgin olive oil and top it with an herbacious "Pistou" (French version of pesto) and call it a meal. Oh, don't forget the big hunk of crusty bread with butter to complete the deal! Easy to make and so satisfying to mind, body and spirit!

Ingredients:

- 2 tablespoons butter
- 2 tablespoons unrefined coconut oil or extra-virgin olive oil
- 4 cloves garlic, coarsely chopped
- 1 big bunch spring onions, cut into ½ inch slices
- 5 cups homemade chicken broth or organic store-bought broth*
- 2 cups green beans, cut into 1 inch pieces
- 2 cups zucchini, cut into 1 inch pieces
- 2 cups yellow squash, cut into 1 inch pieces
- 2 cups Swiss chard, chopped into bite-sized pieces
- 2 cups quartered cherry tomatoes or any kind of fresh tomatoes
- 1 ¾ teaspoons sea salt
- ¼ teaspoon ground pepper
- 2 teaspoon fresh lemon juice
- Extra-virgin olive oil for drizzling

Procedure:

In a large 6-7 quart soup pot over medium-high heat melt butter and coconut oil, add in garlic and spring onions and sauté for 3 minutes. Add in chicken broth/stock, green beans, zucchini and yellow squash, bring to a boil and then cook uncovered over medium heat 5 minutes. Add in Swiss chard and tomatoes and cook another 5 minutes. Add in sea salt, pepper and lemon juice. Taste to see if all the veggies are cooked through, season with more salt and pepper if necessary and serve with a heaping teaspoon of "Pistou."

PISTOU (pronounced “pea stew”)

Yield: ¼ cup + 2 tablespoons

This is the French version of the Italian Pesto without the cheese. I have a great little herb garden and I'm always looking for ways to use those herbs. And you can really use any variety of herbs you like except raw rosemary which might not be the tastiest. Just throw all the ingredients listed below into a food processor until finely chopped for 1-2 minutes and put a big ol' dollop on your Farmer's Market Veggie Soup, mix it in and eat!

¼ cup fresh basil leaves, packed
¼ cup fresh mint leaves, packed
¼ cup flat leaf parsley, packed
¼ cup coarsely chopped fresh chives
¼ cup extra-virgin olive oil
2 tablespoons water
½ teaspoon sea salt

Notes:

*Homemade chicken broth/stock or other bone broths are some of the most healing foods you can eat. The broth makes your cooking taste a whole lot better, it strengthens the lining of your intestinal wall so you can more easily absorb the nutrients in good food, it strengthens your bones with all that great gelatin and calcium from the bones and is a great source for lots of other minerals that are “so” missing from our standard American diet. So pick up some chicken bones from your local farmer that pasture-raises his/her chickens and get a variety such as: necks, backs, wings and feet, that's right, feet! Cook up a big batch and after it has cooled completely start stockpiling all that golden goodness in the freezer and use in the weeks to come.

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