



**make soup • share soup • give soup**



[Soup Sisters](#) is a non-profit charitable social enterprise dedicated to providing comfort to women, children and youth through the making, sharing and donating of soup.

Well known for over a decade of community soup making events, Soup Sisters has delivered over 3 million servings of nurturing and nourishing soup to emergency shelters across the country.

Celebrated annually on **March 3rd**, the National Soup it forward day is observed to encourage people to deliver love and kindness by the bowlful to family, friends, neighbours and strangers in need of a **'Hug in a Bowl'**.



## Navy Bean and Pasta Soup with Pistou

Christine Cushing, TV Chef and Cookbook Author

Makes about 6 servings

2 Tbsp (30 mL) olive oil  
2 leeks (white parts only), thinly sliced  
1 large onion, finely chopped  
2 carrots, peeled, halved lengthwise and thinly sliced  
2 stalks celery, thinly sliced  
3 small cloves garlic, thinly sliced  
3 sprigs fresh thyme  
2 bay leaves  
8 cups (2 L) chicken or vegetable stock  
1 can (19 oz/540 mL) navy or cannellini beans, drained and rinsed

$\frac{3}{4}$  cup (185 mL) good-quality small shell pasta  
Salt and pepper to taste  
Freshly grated Parmesan cheese for garnish (optional)

### Pistou

1 large bunch basil, washed and dried, leaves picked off  
 $\frac{1}{3}$  cup (80 mL) extra virgin olive oil  
1 small clove garlic, crushed

1. For the soup, heat the oil in a large pot over high heat. Add the leeks and onion. Cook, stirring often, until the onion has softened.
2. Add the carrots, celery, garlic, thyme and bay leaves. Cook, stirring often, until golden.
3. Add the stock and bring to a boil.
4. Reduce the heat and simmer, covered, until the vegetables are tender, about 15 minutes.
5. Add the beans, pasta and salt and pepper to taste. Bring to a gentle simmer. Cook, covered, until the pasta is tender, 7 to 9 minutes. Remove the thyme stems and bay leaves.
6. Meanwhile, for the pistou, combine all the ingredients in a food processor or mini chopper. Pulse until smooth.
7. Ladle up bowlfuls of the soup and add a heaping dollop of pistou to each bowl, then sprinkle with Parmesan (if using).



*This soup is a Mediterranean favorite of mine which you can adapt by using almost any variety of vegetables you have on hand. The basil and garlic pistou added at the end gives the soup a bold kick.*

—Christine Cushing



# Navy Bean and Pasta Soup with Pistou

The Soup Sisters and Broth Brothers  
Cookbook  
by Chef Christine Cushing

*Makes about 6 servings*

- 2 Tbsp (30 mL) Olive oil
- 2 Leeks (white parts only), thinly sliced
- 1 large Onion, finely chopped
- 2 Carrots, peeled, halved lengthwise and thinly sliced
- 2 stalks Celery, thinly sliced
- 3 small cloves Garlic, thinly sliced
- 3 sprigs Fresh thyme
- 2 Bay leaves
- 8 cups (2 L) Chicken or vegetable stock
- 1 can (19 oz/540 mL) Navy or cannellini beans, drained and rinsed
- $\frac{3}{4}$  cup (185 mL) Good-quality small shell pasta
- Salt and pepper to taste
- Freshly grated Parmesan cheese for garnish (optional)

1. For the soup, heat the oil in a large pot over high heat. Add the leeks and onion.
2. Cook, stirring often, until the onion has softened.
3. Add the carrots, celery, garlic, thyme and bay leaves. Cook, stirring often, until golden.
4. Add the stock and bring to a boil.
5. Reduce the heat and simmer, covered, until the vegetables are tender, about 15 minutes.
6. Add the beans, pasta and salt and pepper to taste. Bring to a gentle simmer. Cook, covered, until the pasta is tender, 7 to 9 minutes. Remove the thyme stems and bay leaves.
7. Meanwhile, for the pistou, combine all the ingredients in a food processor or mini chopper. Pulse until smooth.
8. Ladle up bowlfuls of the soup and add a heaping dollop of pistou to each bowl, then sprinkle with Parmesan (if using).

### **Pistou**

- 1 large bunch basil, washed and dried, leaves picked off
- $\frac{1}{3}$  cup (80 mL) extra virgin olive oil
- 1 small clove garlic, crushed

# There's a message in every bowlful

[WWW.SOUPSISTERS.ORG](http://WWW.SOUPSISTERS.ORG)



## *Navy Bean and Pasta Soup with Pistou*

Oil, leeks, onion, carrot, celery, garlic, thyme, bay leaf, stock, beans, pasta, salt, pepper, cheese, basil,

MADE FRESH

Month, YYYY



WITH LOVE FROM

Your friends next door!



