



Spring Vegetable Soup

with Parsley Pesto & Garlic Bread



20-30min



2 Servings

This soup is lean and green! Loaded with nutrients from veggies and aromatics like baby kale, celery, asparagus, and garlic—it's definitely a feel-good-food. And, just to be extra certain we put a smile on everyone's face, we added a Parmesan-parsley pesto on top and crusty garlic bread for dipping. Cook, relax, and enjoy!

What we send

- fresh parsley
- asparagus
- Parmesan ⁷
- baby kale
- celery
- crushed red pepper
- mini french rolls ¹
- can cannellini beans
- garlic

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- box grater or microplane
- pot
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 558kcal, Fat 24g, Carbs 58g, Proteins 28g



1. Prep ingredients

Peel **2 large cloves garlic**; finely chop 1 clove, leave 2nd whole. Pick **parsley leaves** from stems; coarsely chop leaves, finely chop stems. Trim ends from **celery**, then thinly slice. Finely grate **Parmesan**.



4. Add beans & Parmesan

Add **beans and their liquid, 1¾ cups water, 1 teaspoon salt, and a few grinds pepper**. Gradually add **½ cup Parmesan**, stirring constantly. Cover and bring to a boil. Once boiling, uncover and simmer over medium, crushing beans lightly with the back of a spoon. Cook until liquid is reduced by half, about 6 minutes.



2. Make pesto

In a small bowl, combine **chopped parsley leaves, half of the chopped garlic (about 1 teaspoon), 2 tablespoons oil, and a pinch each salt, pepper, and crushed red pepper**.



5. Add asparagus & kale

Preheat broiler, with top rack 6 inches from heat source. Trim bottom 2 inches from **asparagus**; thinly slice. Coarsely chop **kale**. Add asparagus and kale to soup. Simmer until asparagus is crisp-tender, 2-3 minutes. Remove from heat. Gradually add **half of the remaining Parmesan**, stirring constantly to prevent clumping. Season to taste with **salt and pepper**.



3. Sauté aromatics

In a medium pot, heat **2 teaspoons oil** over medium-high until shimmering. Add **celery, remaining chopped garlic, parsley stems, ¼ teaspoon salt, and a few grinds pepper**. Cover and cook until celery is crisp-tender, about 4 minutes.



6. Broil garlic bread

Halve **rolls** horizontally. Brush cut sides generously with **oil**. Place on rimmed baking sheet, cut side-up. Broil on top rack until golden-brown, 30 seconds–2 minutes (watch closely). Rub cut sides with **remaining garlic clove**; sprinkle with **salt**. Ladle **soup** into bowls. Top with **pesto**. Sprinkle with **remaining Parmesan**. Serve with **garlic bread**. Enjoy!