

Detox Veggie Soup

SERVINGS
8

PREP TIME
30 MIN

COOK TIME
1 HR 30 MIN

TOTAL TIME
2 HR

This veggie-packed soup is loaded with colorful vegetables and a simple, comforting aromatic vegetable broth. It's the kind of nourishing bowl that leaves you feeling satisfied inside & out.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

This recipe shines because it's completely flexible - use any vegetables you love, in whatever amounts feel right. There are no strict rules. As written, it makes a generous batch that fits comfortably in an 8-qt stockpot, so feel free to halve it or add extra vegetables. Just adjust the broth and seasonings as you go.

1

- Medium Onion
- 4 Ribs of Celery
- 1 Large Zucchini
- ½ Head Green Cabbage

■ Dice all fresh vegetables into bite-sized pieces.

2

- Olive Oil
- 2T Minced Garlic
- 1 Bag Shredded Carrots

- Heat a generous drizzle of olive oil in an 8-qt stockpot over medium heat.
- Add the onions & celery and sauté for about 3 mins, until slightly softened.
- Add the garlic, stir to combine, and cook for another 2 minutes.
- Add the zucchini and carrots, mix well, and sauté for about 3 minutes.

3

- 2 T Italian Seasoning
- 2 tsp Salt
- 1 tsp Pepper

■ Add the seasonings & sauté for about 2 mins, allowing the flavors to meld.

4

- 2 Cans Cut Green Beans
- 2 Cans Cannellini Beans
- 1 Large Can (28oz) Italian Diced Tomatoes
- 2+ (32oz) Containers Vegetable Broth

- Drain and roughly chop the green beans, then add them to the pot.
- Drain and rinse the cannellini beans and add them to the pot.
- Add the tomatoes and vegetable broth and mix well (add more if needed).
- Add the cabbage and stir to combine.
- Cook on low with a gentle simmer for about 1½ hours, stirring occasionally.
- Check seasoning after 30 minutes and adjust as needed, especially salt.

5

- 16oz Ditalini Noodles
OR 1 Cup Rice

■ **SEPARATELY** prepare the noodles or rice according to package and set aside.

OPTIONAL:

- Meatless Crumbles

■ **SEPERATELY** prepare meatless crumbles (of choice) according to package, and set aside.

SERVE WITH:

- Salt & Pepper, Nutritional Yeast & Crusty Bread

Combine the soup, noodles, and optional crumbles in a bowl. Season with salt and pepper to taste, then top with nutritional yeast.