

Detox Veggie Soup

SERVINGS
8

PREP TIME
20 MIN

COOK TIME
1 HR

TOTAL TIME
1 HR 20 MIN

This easy to prepare vegetable soup utilizes a few shortcuts and maximizes the veggie goodness that your body craves, you just feel better after a hearty bowl!



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

- Olive Oil
- Medium Onion
- 2T Garlic
- 4 Ribs of Celery
- 1 Large Zucchini
- 1 Bag Shred Carrots

This recipe makes a VERY LARGE portion. Feel free to halve it or add extras of these ingredients to tailor to your tastes.

- Heat generous drizzle of olive oil in 8 quart stockpot over medium heat.
- Dice onion and add to pot. Add garlic, stir.
- Dice celery and zucchini and add to pot.
- Add carrots. Stir well and sauté for about 5 min.

2

- 2 (15oz) Cans Cut Green Beans
- 2 (15oz) Cans Cannellini Beans
- 1(28oz) Can Italian Diced Tomatoes

- Drain & roughly chop green beans and add to pot.
- Drain and rinse cannellini beans and add to pot.
- Add tomatoes and stir well.

3

- ½ Head Green Cabbage
- 2+ (32oz) Containers Vegetable Broth
- 2 T Italian Seasoning
- 2 tsp Salt
- 1 tsp Pepper

- Chop ½ head of cabbage and add to pot, stir well.
- Add broth, Italian seasoning, and salt & pepper to taste (*with so many vegetables you will need an **ample amount of seasoning***), stir well.
- ☼ **If room, add more cabbage, green beans, cannellini beans, and /or broth, to desired consistency and preference.**
- Cook on low (slight bubble) for about 1 hour, stirring occasionally.
- Check seasoning after 30 min and add more as needed, especially salt.

4

- 16oz Ditalini Noodles
- OR 1 Cup Rice for a more stew-like consistency**

- **SEPERATELY** prepare noodles (or rice) according to package directions and set aside.

5

- OPTIONALLY RECOMMEND**
- 1 Package Meatless Crumbles

- **SEPERATELY** prepare meatless crumbles according to package directions, and set aside.

SERVE WITH

- Salt & Pepper to taste
- Nutritional Yeast
- Crusty Bread

Combine soup, noodles, and optional crumbles together in bowl. Season with salt & pepper and top with nutritional yeast.