

Veggie Loaded Tuscan Soup (Vegan Friendly!)

I often prep this soup for the week to help get our veggies in at lunch or dinner time. It's not too heavy in the tummy and has lots of flavour!

Enjoy!

Ingredients:

- 2 tbsp olive oil
- 1 yellow onion, diced finely
- 2 large carrots, peels and diced
- 2 cloves garlic, minced
- 2 zucchinis, diced
- 1 can (15 ounces) diced tomatoes (fire roasted or herbs and spices is GOOD!)
- 2 tbsp tomato paste
- 4 cups vegetable broth (preferably low sodium)
- 1 can (15 ounces) cannellini beans OR white navy beans
- 2-3 cups chopped baby kale or spinach

Seasonings

- 1 tbsp each dried thyme, oregano and basil (or dried Italian herb blend)
- 1 tsp salt (or to taste)
- ½ tsp black pepper (or to taste)
- Optional: red pepper flakes to taste



Instructions:

1. In a large soup pot or Dutch oven, heat the olive oil over medium heat for 1 minute. Add onions and carrots and a dash of salt, saute 3-5 minutes.



2. Add garlic and zucchini, cook for another 3-4 minutes. Stir often to avoid burning.



3. Add diced tomatoes, tomato paste, vegetable broth and seasonings to the pot. Stir well, set heat to low/medium for 30 minutes. Stir occasionally.



4. Add beans, cook for another 5 minutes. Turn off the heat. Add spinach and/or kale leaves.



5. Serve with parmesan cheese. Enjoy!



Notes:

- You can use fresh herbs for the seasonings if you have them on hand.
- I often use chicken broth instead of vegetable broth but this would make it non-vegan friendly.
- Keeps good in the fridge for 4-5 days. This recipe is freezer friendly, approx. 4 months.