

Vegan Minestrone Soup

Serves 4

Ingredients:

2 Tbsp extra virgin olive oil
1 lg yellow onion, finely diced
2 celery ribs, chopped
2 carrots or parsnips, peeled and chopped
5 cloves garlic, minced
8 c vegetable stock
1 can (15 oz) diced tomatoes
1 can (15 oz) chickpeas, rinsed and drained
1 can (15 oz) cannellini beans, rinsed and drained
1/3 c green beans, trimmed and chopped on the diagonal
1 c quinoa (optional)
1 Tbsp soy sauce

Directions:

1. Heat oil in large pot over medium heat. Add onion and cook until soft and fragrant, about 10 minutes. Add celery, carrots, and garlic and cook for another 10 minutes.
2. Add stock and tomatoes (with juice). Bring to a boil, then simmer and cook 10 minutes. Add chickpeas, cannellini beans, green beans, and quinoa (if using), and simmer until beans are soft and quinoa is cooked through, about 20 minutes. Season to taste with soy sauce.