

Gluten Free Thursday: Vegan Minestrone Soup With Everything You Have In Your Cupboard And Fridge

Ingredients:

Difficulty: Easy
(serves 6)

3 tbsp olive oil
1 onion, diced
4 cloves of garlic, minced
2 big carrots, diced
1 zucchini, diced
1 can (400 gr.) chopped tomatoes with juice
1.5 lt (or 6 cups) water / vegetable broth
1 tbsp nutritional yeast
1 tbsp coconut sugar
1/2 tsp salt
1/2 tsp freshly ground pepper
2 tsp red pepper flakes
2 tsp dried oregano
2 tsp dried basil
200 gr. gluten free fusilli (or another type of pasta, you can also choose a regular pasta if you don't need to go gluten free)
1 can (400 gr.) white beans
1 can (200 gr.) green beans, or you can use fresh ones too, chopped
2.5 dl (or 1 cup) fresh basil leaves (or spinach, or kale)

Instructions:

1. In a large pot, put some olive oil and heat it on medium high heat for half a minute. Add onion and saute for about 3-4 minutes, until it is translucent.
2. Add garlic and continue to saute for about 2 more minutes.
3. Add carrots, zucchini, canned tomatoes and mix a little (if you are using fresh green beans, put them at this step too).
4. Add water / broth, nutritional yeast, coconut sugar, salt and pepper and mix a little.
5. Let the soup boil.
6. When the soup is boiling, add red pepper flakes, oregano and basil, stir a little, and lower the heat to medium low to let the soup simmer for about 10 minutes.
7. Add pasta, canned white beans, green beans and basil and continue cooking until pasta is ready. Check the seasoning and add more salt and pepper if needed. Serve the soup fresh so that you don't have to reheat or else the pasta will get too soft. Enjoy!