

PLANT-BASED VARIATION ON HEARTY MINISTRONE SOUP

INGREDIENTS

Onion -1

Garlic -4 cloves chopped, or to taste

Olive Oil - drizzle in pot for sautéing

Vegetable Stock - 2 containers

Celery - 4 stalks

Carrots -4 large

Broccoli -1bunch chopped

Zucchini -2 small

Kale - 2 cups chopped

Spinach -2 or 3 cups chopped

Bok Choy -2 chopped

Baby Swiss Chard -1 cup

Fire Roasted Tomatoes -2 cans

White Kidney Beans -1 can

Pinto Beans -1 can

Marinara -½ Jar

Parsley -handful chopped

Macaroni -1 cup uncooked

Beyond Meat Beefy Crumbles -1Package

Oregano -heavy sprinkle

Salt -1 tsp.

Basil -heavy sprinkle

Old Bay Seasoning -heavy sprinkle

Paprika -1 tsp

Coriander Seeds -1 tsp

Red Pepper Flakes - to taste

SHOPPING LIST

- Vegetable Stock
- Onion
- Garlic
- Celery
- Carrots
- Broccoli Florets
- Kale (chopped)
- Baby Bok Choy
- Baby Swiss Chard
- Fire Roasted Diced Tomatoes
- White Kidney Beans (1 can)
- Pinto Beans (1 can)
- Tomato Basil Pasta Sauce
- Curley Parsley
- Macaroni Noodles
- Beyond Meat Beefy Crumbles
- Spices not currently in pantry



DIRECTIONS

- 🌱 Chop All Vege's - generally to a size that fits nicely on a spoon.
- 🌱 When it comes to spicing, I have a relatively free and heavy hand. I don't really measure.
- 🌱 Start cooking on medium heat: Onion and Garlic in a bit of olive oil. Add some vegetable stock (about 1 cup) and allow it to cook until onion is just turning translucent.
- 🌱 Add Beyond Meat Crumbles and cook on medium high for 3-5 minutes.
- 🌱 Add Celery, Carrots, remaining Vegetable stock, tomatoes, kale, marinara, spices. Add macaroni and allow all to cook on medium for 10 minutes.
- 🌱 Then add remaining vegetables and beans (drained and rinsed to remove starch).
- 🌱 Simmer for approximately 20 minutes.

Enjoy with bread or crackers!

