

One Pot Vegan Gluten-Free Minestrone



Time: 30 minutes

Serves: 6

Ingredients: 2 tablespoons olive oil
½ medium white or yellow onion (diced)
3 cloves of garlic (minced)
2 large carrots (peeled and sliced into thin circles)
1 ½ cups fresh green beans(trimmed and roughly chopped)
1 small zucchini (sliced into small rounds)
5 or 6 whole tomatoes (peeled or diced)
6 cups vegetable broth
2 teaspoons dried basil
2 teaspoons dried oregano
1 teaspoon coconut sugar (optional to taste)
2 cups gluten free pasta noodles
1 cup kale, spinach or other greens

Directions:

1. Heat a large pot or Dutch oven over medium heat.
2. Once hot add oil, onion, garlic and cook for three minutes stirring occasionally.
3. Add carrots and green beans and season with salt & pepper to taste. Cook for 2-3 minutes stirring occasionally until the vegetables have softened slightly and have some color.
4. Add zucchini, tomatoes, vegetable broth basil and oregano. Stir to coat.
5. Increase heat to medium-high and bring soup to a strong simmer then reduce heat to medium-low until soup is simmering but not boiling.
6. Add pasta and stir. Cook for 10 minutes, stirring occasionally. Reduce heat if needed to keep soup at a simmer.
7. Simmer for 4-5 minutes longer, stirring occasionally. Taste soup and adjust seasonings as needed adding coconut sugar to balance the flavors (optional).
8. Add kale, spinach, or other greens and stir. Simmer for 3-4 minutes to wilt the greens and allow flavor to soak through the greens.
9. Turn off heat and let rest 5 minutes before serving.
10. Then serve with fresh cilantro or parsley garnish.