

Bean and Veggie Soup

Total Time: 30 Minutes Serves: 8

Ingredients

- 2 medium carrots, peeled and cut into thin, half-moon slices
- 1 small onion, diced
- 2 medium cloves garlic, minced
- 2 medium celery stalks, diced
- 1 large tomato, diced
- 1 medium yellow squash, cut into thin, half-moon slices
- 1 (15½-ounce) can red kidney beans, drained and rinsed
- 1 Tablespoon canola oil
- 1 teaspoon dried basil or dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 (14½-ounce) cans low-sodium chicken, beef or vegetable broth
- ½ cup water
- 1 cup frozen green sweet peas
- 1 cup whole wheat pasta, such as wagon wheels, macaroni, or penne
- ¼ cup fresh parsley, leaves only, minced, optional

Equipment

Can opener, Colander, Cutting board, Large pot, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife, Vegetable peeler

Instructions

1. In a large pot over medium heat, heat oil. Add carrots, onion, garlic, and celery. Cook until slightly soft.
2. Add dried herbs, salt, and pepper. Stir.
3. Add broth, water, tomatoes, squash, beans, and peas. Bring to a boil over high heat.
4. Add pasta. Reduce heat and simmer. Cook until pasta is tender, about 8–12 minutes.
5. If using parsley, stir into soup before serving.

Notes:

Use any veggies you like. Adjust cooking time as needed for the veggies you use.

Use any type of canned or cooked beans. Try black beans, chickpeas, cannellini beans, or lima beans.

Try using fresh cilantro or basil instead of parsley.

Double the recipe. Freeze leftovers for another night. Or, freeze in individual servings and pull out for quick lunches.

Adapted from: <https://cookingmatters.org/recipes/bean-and-veggie-soup/>.