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# Minestrone Soup

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Adapted from Forks Over Knives

Serves ~8

## Ingredients

- 1 large onion, peeled and chopped
- 2-3 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 6 cloves of garlic, crushed, peeled and minced
- 2 tsp oregano
- 4 medium potatoes, peeled and chopped into small pieces
- 3 15-ounce cans of white beans, rinsed and drained
- ½ cup uncooked brown rice
- 1 28-oz can of diced tomatoes with its juices
- 8-9 cups of low-sodium vegetable broth (or 4 cups of broth and 4-5 cups water)
- 4 TBS nutritional yeast
- black pepper and additional salt only to taste
- 2 cups of frozen chopped kale

## Directions:

1. Sauté onion, carrots, celery and garlic in a large pot for about 10 minutes.
2. Add a few TBS of water at a time to prevent veg from sticking to the pot.
3. Add the oregano, potatoes, rice and beans
4. Add the tomato and its liquid and stir.
5. Add the broth and nutritional yeast and stir.
6. Finally, add the kale and stir.
7. Bring to just below boiling before turning the soup to low heat.
8. Allow the soup to cook on relatively low heat, Covered, for 60 minutes or longer, adding water if necessary for ideal consistency.
9. For serving, optional to add another tsp of nutritional yeast atop for a garnish for each bowl.