

EASY MINISTRONE SOUP

This easy Vegetarian Minestrone Soup is hearty, chock full of vegetables, budget friendly, meal prep ready, and super flexible!

AUTHOR: [Beth – Budget Bytes](#)

SERVINGS 6 *about 1.5 cups each*

PREP 10 mins

COOK 35 mins

TOTAL 45 mins

INGREDIENTS

- 1 yellow onion (\$0.32)
- 2 cloves garlic (\$0.16)
- 4 carrots (\$0.32)
- 2 Tbsp olive oil (\$0.32)
- 2 Tbsp tomato paste (\$0.10)
- 1 28oz. can diced tomatoes (\$1.00)
- 1 15oz. can kidney beans (\$0.75)
- 1 15oz. can chickpeas (\$1.00)
- 1 Tbsp Italian seasoning (\$0.30)
- 4 cups vegetable broth (\$0.52)
- 1 zucchini (about 1/2 lb.) (\$0.71)
- 1 cup frozen green beans (\$0.30)
- 1 Tbsp lemon juice (\$0.06)
- 1 Tbsp chopped parsley (optional) (\$0.10)

INSTRUCTIONS

1. Dice the onion, mince the garlic, and slice the carrots. Add the olive oil, onion, garlic, and carrots to a large soup pot. Sauté over medium heat until the onions become soft and translucent (about 5 minutes).
2. Add the tomato paste to the pot and continue to sauté for 2-3 minutes more, or until the tomato paste begins to coat the bottom of the pot (do not let it burn).



3. Rinse and drain the kidney beans and chickpeas, and then add them to the pot along with the diced tomatoes (with juices), Italian Seasoning, and vegetable broth. Give everything a good stir, place a lid on top, and allow it to come up to a simmer. Allow the soup to simmer for 20 minutes, stirring occasionally.
4. While the soup is simmering, slice the zucchini into quarter-rounds. After the soup has simmered for 20 minutes, add the sliced zucchini and frozen green beans (no need to thaw first). Stir and simmer the soup for an additional 5-10 minutes, or until the zucchini just begin to soften.
5. Finish the soup by adding lemon juice and chopped parsley. Give it a taste and add extra salt if needed (my soup did not need any extra salt, but it may depending on the type of broth used). Serve hot with crusty bread for dipping!

NUTRITION

SERVING: 1.5CUPS

CALORIES: 313.55KCAL

CARBOHYDRATES: 48.08G

PROTEIN: 14.1G

FAT: 8.55G

SODIUM: 1008.55MG

FIBER: 11.32G

Source: Easy Minestrone Soup. (n.d.). Budget Bytes. Retrieved October 21, 2022 from <https://www.budgetbytes.com/easy-vegetarian-minestrone/>