

Creamy Basil Vegetable Soup



SIZE

For 6

PREPARATION

40 min

DIFFICULTY



Level 1



Level 2



Let's start this year off on the right foot with a giant bowl of nutritious, cozy, and flavorful VEGGIES!

With 6 vegetables and our Not Just Creamy Tomato Basil Sauce, this Creamy Basil Vegetable Soup is thick and full of dairy-free richness. We also love to use the zest and juice of a full lemon for a pop of freshness, immunity, and Vitamin C. Do you want to stir in a bag of spinach right before service for added fiber and iron (and added color)? Yes, yes you do.

Ingredients

- 2** Tbsp olive oil, plus more to serve
- 1** onion, chopped
- 3** large carrots (1 cup), finely chopped
- 3** large stalks celery (1 cup), finely chopped
- 1** red bell pepper, chopped
- 1** lemon, zested & juiced
- ½** tsp salt, plus more to taste
- 1** jar Not Just Creamy Basil Pasta Sauce
- 1** (14oz) can fire roasted tomatoes, drained
- 5** cups vegetable or chicken stock
- 1** (14oz) can kidney or white beans
- 2** cups green beans, cut into 1-inch pieces

optional 5 oz bag spinach & shaved parm

Process

1

To a large dutch oven or stock pot, add the oil over medium heat until shimmering. Add the onion, carrots, celery, bell pepper, lemon zest, and ½ teaspoon salt, and cook until softened, about 7 minutes.

2

Stir in the tomatoes and Not Just Creamy Basil Pasta Sauce and cook over medium-high until slightly thickened, 2-3 minutes. Pour in the stock, kidney beans, and green beans and bring to a simmer. Reduce heat to medium/medium low and simmer for about 15-20 minutes until the green beans have softened.

3

Off heat, stir in the juice of the lemon and season to taste with salt and red pepper flakes. Stir in spinach right before serving, if using. Ladle into bowls and garnish with optional parm.