

Quick Italian Vegetable Soup

This soup requires no chopping, so it is FAST. It's great in winter when there are limited options for fresh vegetables.



Ingredients

- 2 tsp. olive oil
- 3 cloves garlic, minced (or about 2 tsp. minced garlic from a jar)
- 2 tsp. Italian seasoning blend
- 1 pound package frozen Italian-style vegetables
- 2 14½-ounce cans chicken broth, reduced sodium version
- 1 14-oz. can diced tomatoes, reduced sodium version
- 1 14-ounce can cannellini beans, drained and rinsed
- fresh-ground black pepper, to taste

Directions

Place olive oil in a large soup pot and heat over medium-high heat. Sauté the garlic until nutty, about one minute. Stir in the Italian seasoning and stir well, then add vegetables and sauté for 1-2 minutes. Add the broth and tomatoes and bring to a boil. Lower the heat to simmer and allow to cook briefly until the veggies are tender, about four minutes. Add the beans and heat through, about 4 minutes more. Add pepper. Serve hot. Top with a sprinkle of parmesan cheese, if desired.

Makes 8 cups soup.

Variations

Feel free to try different frozen vegetable blends for variety.

May use other beans, such as kidney, black or navy beans.

If you like meat, add 1 Cup cooked, chopped chicken or turkey at the same time as adding the broth.

To really “kick up” the recipe, add up to 3 Tbsp. pesto and heat through for about a minute prior to serving.

Recipe adapted from various sources by Karen K. Ehrens, LRD for Healthy North Dakota

