



# STOVE TOP VEGETABLE SOUP

## INGREDIENTS

- 1-2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 ounces cut fresh green beans,
- 2 cloves garlic, minced
- 8 cups no-salt-added chicken broth or low sodium vegetable broth (you can also use a combo of chicken bone broth and no-salt added chicken broth)
- 2 (15 ounce) cans low-sodium cannellini or other white beans, rinsed (you can reduce the amount of beans)
- 2-4 cups chopped kale (you can add less or more kale, as desired)
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 teaspoons red-wine vinegar (adds depth to overall taste, start with 1 tsp. and taste. If desired, add a little more)
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground pepper
- 8 teaspoons prepared pesto

## DIRECTIONS

**Step 1:** Heat oil in a large pot over medium-high heat. Add onion, carrot, celery, green beans and garlic. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes. Add broth and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are soft, about 10 minutes more.

**Step 2:** Add white beans, kale, zucchini, tomatoes, salt and pepper. Increase heat to return to a simmer; cook until the zucchini and kale have softened, about 10 minutes.

Stir in vinegar and simmer for a few moments. (Start with 1 tsp. and taste. If desired, add a little more) Top each serving of soup with 1 teaspoon pesto.



# SLOW COOKER VEGETABLE SOUP

## INGREDIENTS

- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 ounces fresh green beans, cut into 1/2-inch pieces
- 2-4 cups chopped kale (you can add less or more kale, as desired)
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 cloves garlic, minced
- 2 (15 ounce) cans no-salt-added cannellini or other white beans, rinsed (you can reduce amount of beans, if desired)
- 4 cups low-sodium chicken broth or low-sodium vegetable broth (you can also use a combo of chicken bone broth and no-salt added chicken broth)
- 3/4 teaspoons salt
- 1/2 teaspoon ground pepper
- 1-2 teaspoons red-wine vinegar (adds depth to overall taste, start with 1 tsp. and taste. If desired, add a little more)
- 8 teaspoons prepared pesto

## DIRECTIONS

**Step 1:** Combine onion, carrots, celery, green beans, kale, zucchini, tomatoes, garlic, white beans, broth, salt and pepper in a 6-quart or larger slow cooker. Cook on High for 4 hours or Low for 6 hours.

**Step 2:** While still hot, stir in vinegar. Start with 1 tsp. and taste. If desired, add a little more) Top each serving of soup with 1 teaspoon pesto.

### TIPS:

Equipment: 6-quart or larger slow cooker

To make ahead: Prepare through Step 1 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 2 just before serving.