

Cannellini Bean and Vegetable Soup

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | chopped

2 **carrots** | peeled and sliced into coins

1 **small zucchini** | diced

Peel of one lemon (optional)

Juice of ½ lemon (optional)

FROZEN PRODUCE

1 16-ounce bag of **frozen broccoli and cauliflower**

CANNED

1 15-ounce can **cannellini beans** | drained and rinsed

4 cups of **vegetable or chicken broth**

If you do not have broth on hand, use water instead.

SPICES AND OILS

2 tablespoons **olive oil**

½ teaspoon **garlic powder**

1 teaspoon **oregano**

½ teaspoon **black pepper**

1 **bay leaf**

GRAINS

1½ cups **cooked brown rice**

See brown
rice recipe
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EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Can opener



Knife



Large pot



Measuring cups




Vegetable peeler


MIX IT UP AND MAKE IT YOUR OWN


- Feel free to swap in different frozen or fresh vegetables. Add what is available and what you like to eat. Throwing in fresh or frozen spinach or kale is another option for bumping up the veggies in this tasty soup.
- Cannellini beans are what we chose for this recipe, but any bean you have available would work well in this dish. Mix and match and make it your own.
- It is great to eat at least a few meatless meals a week. It is good for your health and for your wallet. That being said, if you would like to swap out the beans for ground chicken or turkey, that is certainly an option for this soup.
- Choose your favorite blend of spices to flavor this soup. It is a blank canvas, you can flavor it however you would like.

Directions

- 1 Prepare vegetables.
- 2 Peel 4 strips of the rind from a lemon using a vegetable peeler.
- 3 Heat a large pot over medium-high heat.
- 4 Add **olive oil** to the pan to coat the bottom and then add **lemon peel, onion** and **carrots**.

 Cook for 5 minutes, stirring as needed, until the onion becomes translucent.
- 5 Add the **zucchini**.

 Cook for another 2 minutes
- 6 Add the **frozen broccoli and cauliflower, beans, broth, rice** and **spices**.

 Bring to a boil and reduce to a simmer. Allow soup to cook for a minimum of 10 minutes to bring the flavors together
- 7 Add the **juice of 1/2 of a lemon**.
- 8 Taste and adjust seasoning as desired. Enjoy!
- 9 You can save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories
per serving **340**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g	11%	Total Carbohydrate 57g	21%
Saturated Fat 1.5g	7%	Dietary Fiber 10g	37%
Trans Fat 0g		Total Sugars 6g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 110mg	5%	Protein 13g	

Vitamin D 0mcg 0% • Calcium 100mg 8% • Iron 3.2mg 20%
Potassium 960mg 20% • Phosphorus 300mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CANNELLINI BEANS [WITH WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA (PRESERVATIVE)], CAULIFLOWER, BROCCOLI, BROWN RICE, CARROT, ZUCCHINI, ONION, OLIVE OIL, LEMON JUICE, BLACK PEPPER, GARLIC POWDER, OREGANO, BAY LEAVES, VEGETABLE BROTH