

Spring Minestrone Soup



PREP TIME

10 mins

COOK TIME

25 mins



COURSE

Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

167 kcal

INGREDIENTS

- 1 tbsp olive oil
- 1 large sweet onion chopped
- 1 medium fennel chopped
- 2 cloves garlic finely chopped
- 1 lb asparagus
- 6 c vegetable broth
- 1 tbsp dill weed, chopped
- 3 c kale chopped
- 1 tbsp lemon juice
- 1 tsp salt
- ½ tsp black pepper
- 8 oz plain seitan (or tofu for gluten free) chopped

INSTRUCTIONS

1. In a large pot over medium high heat, add the olive oil and onions, sauté for 5 minutes.
2. Add the fennel, garlic, asparagus, seitan, and sauté for another minute.

3. Add broth, dill, salt, pepper and lemon juice.
4. Bring to a boil and simmer for 15 minutes so that the vegetables are tender.
5. Add kale and continue cooking for 5 minutes.

NUTRITION

Nutrition Facts

Spring Minestrone Soup

Amount Per Serving

Calories 167 Calories from Fat 54

% Daily Value*

Fat 6g **9%**

Carbohydrates 17g **6%**

Protein 18.7g **37%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

soup, soy-free

Tried this recipe?

Let us know how it was!