

Seitan Minestrone



TOTAL TIME

40 mins



COURSE

Dinner, Lunch, Snack, Soup



SERVINGS

7 serving

CALORIES

373 kcal

INGREDIENTS

- 2 medium carrots diced
- 1 medium yellow onion chopped
- 1 Tbsp olive oil
- 3 cloves garlic minced
- 7 c vegetable broth
- 2 ½ c diced potatoes cut into ¾ inch pieces
- 1 medium zucchini ends trimmed, sliced into half moons or quarters
- 1 14.5 oz can diced tomatoes
- 1 tsp rosemary or oregano
- 1 tsp dried thyme
- 2 bay leaves
- salt and freshly ground black pepper
- ⅔ c Banza macaroni
- 2 c diced seitan or tofu for gluten-free
- 2 c packed chopped kale
- 1 14.5 oz can red kidney beans, drained and rinsed

INSTRUCTIONS

1. Heat olive oil in a large pot over medium-high heat. Add onions and carrots and sauté 3 minutes then add garlic and sauté 1 minute longer.

2. Stir in vegetable broth, potatoes, squash, zucchini, tomatoes, rosemary, thyme, bay leaves and season with salt and pepper to taste.
3. Bring to a boil then and stir in macaroni. Cover, reduce heat to medium low and simmer until veggies are nearly tender, about 15 minutes.
4. Stir in kale, diced seitan and kidney beans and cook until kale is tender, about 5 minutes longer. Remove bay leaves.
5. Divide into 7 Tupperware containers.

NUTRITION

Nutrition Facts

Seitan Minestrone

Amount Per Serving (1 g)

Calories	373	Calories from Fat	54
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		% Daily Value*	
Fat	6g	9%	
Carbohydrates	52g	17%	
Protein	31g	62%	

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!