

# 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**

<b>Calories</b>	167	Calories from Fat	54
<hr/>			
		<b>% Daily Value*</b>	
<b>Fat</b>	6g		9%
<b>Carbohydrates</b>	17g		6%
<b>Protein</b>	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!