

## Minestrone Soup



### Prep:

25 minutes

### Total:

60 minutes

### Makes:

12 full servings

### Utensil:

Saladmaster Food Processor  
7 Qt./6.6 L Roaster with Cover

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### Recipe:

### Contributed By:

Marni Wasserman  
Certified Chef and Culinary Nutritionist, Marni uses passion and experiences to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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### Recipe Description:

Tomatoes can be harsh on the digestive system, so opting for the creamy, rich and nourishing texture of butternut squash is a much better option. It loads this soup full of vitamins and minerals. Along with all the other veggies, whole grain pasta and beans, this soup eats like a meal! And also tastes great the next day!

1 large  
Spanish onion, strung, use Cone #2  
1 clove  
garlic, shredded, use Cone #1  
1 ½ teaspoon  
sea salt  
(9  
g)  
1 tablespoon  
dried oregano  
(5  
g)  
4 cups  
water  
(950  
mL)  
1 dry  
bay leaf  
1 medium

butternut squash, peeled and cubed  
     3 medium  
 parsnips, peeled and sliced  
     1 medium  
 sweet potato, peeled and cubed  
     3 stalks  
 celery, strung, use Cone #2  
     1 medium  
 zucchini, cut into cubes  
     1 bunch  
 chard, roughly chopped  
     1 cup  
 cooked kidney beans  
 (177  
 g)  
     ½ cup  
     cooked brown rice macaroni (optional)

(70  
 g)

### Directions:

1. Sauté onion, garlic and salt in roaster over medium heat until soft.
2. Add oregano and sauté a few more minutes.
3. Add water and bay leaf.
4. Add squash, parsnips and sweet potato. Cover and wait approximately 10 minutes, then add celery and zucchini. Cover and cook.
5. When Vapo-Valve™ clicks, reduce heat to low and simmer for 40 - 45 minutes.
6. Stir vegetables until squash falls apart, or press squash up against side of roaster to break it down.
7. Add in chopped chard.
8. Cover and simmer for 10 minutes. Add kidney beans and noodles. Stir a few more times and serve.

### Nutritional Information per

#### ▼ Serving

**Calories:** 130

**Total Fat:** 1g

**Saturated Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 288mg

**Total** 30g

**Carbs:**

**Dietary Fiber:** 7g

**Sugar:** 6g

**Protein:** 4g

Nutrition analysis calculated using 4 cups chard