

Vegan Minestrone Soup

**Prep:**

10 mins

Total:

45 mins

Makes:

8 - 1 cup servings

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe:**Contributed By:**

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Recipe Description:

With the cooler months just around the corner, there is nothing better than warming up with a bowl of your favorite soup. Minestrone is tomato based and filled with hearty vegetables, beans, and either pasta or rice. Simply add all your ingredients to your Saladmaster MP5 and in 45 minutes, you will have a delicious and healthy meal ready for you and your family to enjoy. That's it, no fuss and you can store any leftovers in your MP5 and place it in the refrigerator to reheat for another time.

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1 medium
 onion, strung, use Cone #2
 2 medium
 carrots, sliced use Cone #5
 2 stalks
 celery, sliced, use Cone #4
 6 cloves
 garlic, shredded, use Cone #1
 28 oz
 stewed tomatoes and juices
 1 tbsp
 tomato paste
 2 tbsp
 sun-dried tomato pesto (vegan)
 4-6 cups
 vegetable stock
 1 tbsp
 italian seasoning
 1 sprig
 rosemary
 2 bay leaves
 1 red bell pepper, diced
 1 large
 yellow squash, diced
 2 medium
 zucchini, quartered and sliced
 1 cup
 packed spinach
 1 cup
 kidney beans
 1 cup
 pasta
 1 cup
 navy beans

Directions:

1. Process carrots, celery, onion and garlic.
2. Add the tomatoes, tomato paste, tomato pesto, vegetable broth (4 cups), carrots, celery, onions, garlic, seasonings, herbs, bell pepper, squash, zucchini and spinach to your roaster and cover. Set temperature to 300°F/150°C. When Vapo-Valve™ begins to click steadily, turn heat to 225°F/and cook for 30 minutes.
3. Uncover and If the soup is too thick for your liking, add remaining 2 cups of vegetable stock and add in your pasta and beans, cover and cook for an additional 10 mins or until your pasta is cooked.
4. Garnish with (vegan) Parmesan cheese, if desired.

Tips:

- Be sure to use vegan pesto as many store-bought jars of pesto contain parmesan cheese or make your own! Soaked cashews are an easy substitute for cheese in pesto recipes.

Nutritional Information per

▼ Serving

Calories: 148
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 5mg
Sodium: 702mg
Total 31g
Carbs:
Dietary Fiber: 8g
Sugar: 6g
Protein: 8g
