



# Chunky Vegetarian Vegetable Soup (Fast and Easy)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 baking potatoes cut into bite-size pieces
- 15 ounce tomato sauce canned
- 4 carrots peeled cut into 1/4-inch rounds
- 3 stalks celery chopped
- 1 cup edamame green frozen shelled ( soybeans)
- 1 cup regular corn frozen
- 2 cloves garlic minced

- 1 teaspoon ground pepper black
- 2 leaves kale roughly chopped
- 1 cup okra frozen sliced
- 2 tablespoons olive oil
- 0.5 onion chopped
- 10 servings salt to taste
- 4 cups vegetable broth

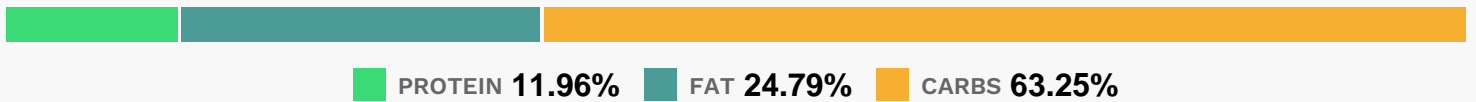
## Equipment

- pot

## Directions

- Heat olive oil in a large pot over medium heat. Cook and stir onion and celery in hot oil until onion is softened and translucent, about 5 minutes.
- Stir garlic into the onion mixture; cook and stir until fragrant, 2 to 3 minutes more.
- Pour vegetable broth and tomato sauce into pot. Simmer for about 10 minutes.
- Stir carrots and potatoes through the broth. Simmer until carrots are tender, 10 to 15 minutes more.
- Drop corn, edamame, okra, and kale into the soup. Continue to simmer until okra is tender, 5 to 10 minutes more. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:40.66, Glycemic Load:8.48, Inflammation Score:-10, Nutrition Score:12.107391461082%

## Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg,

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## Nutrients (% of daily need)

Calories: 126.83kcal (6.34%), Fat: 3.73g (5.74%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 17.72g (6.44%), Sugar: 4.7g (5.22%), Cholesterol: 0mg (0%), Sodium: 803.03mg (34.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin A: 4808.22IU (96.16%), Vitamin K: 22.45µg (21.38%), Potassium: 579.25mg (16.55%), Vitamin C: 13.35mg (16.19%), Manganese: 0.32mg (16.11%), Vitamin B6: 0.3mg (15%), Fiber: 3.7g (14.78%), Iron: 1.54mg (8.55%), Folate: 33.81µg (8.45%), Vitamin E: 1.26mg (8.39%), Magnesium: 33.18mg (8.29%), Vitamin B3: 1.56mg (7.78%), Vitamin B1: 0.11mg (7.15%), Phosphorus: 70.83mg (7.08%), Copper: 0.14mg (6.76%), Vitamin B2: 0.09mg (5.49%), Calcium: 54.38mg (5.44%), Vitamin B5: 0.44mg (4.44%), Zinc: 0.49mg (3.28%), Selenium: 0.84µg (1.2%)