



Genoese Vegetable Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



378 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7 oz cabbage shredded finely
- ☐ 28 oz canned tomatoes diced italian with seasonings canned
- ☐ 2 carrots rinsed peeled cut into 1/2-inch chunks (6 oz. total)
- ☐ 1 cup celery chopped
- ☐ 0.8 pound lima beans *soaked overnight dried (see notes)
- ☐ 49.5 oz fat-skimmed chicken broth canned
- ☐ 0.3 pound green beans rinsed cut into 1/2-inch pieces
- ☐ 1 leek

- ☐ 12 tablespoons olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 0.3 pound thin- pancetta finely chopped
- ☐ 0.3 cup parsley italian finely chopped
- ☐ 12 servings pesto alla genovese
- ☐ 12 servings salt and pepper
- ☐ 7 oz swiss chard thinly sliced
- ☐ 0.5 lb yukon gold peeled scrubbed cut into 1/2-inch chunks
- ☐ 0.5 pound zucchini rinsed ends trimmed cut into 1/2-inch chunks

Equipment

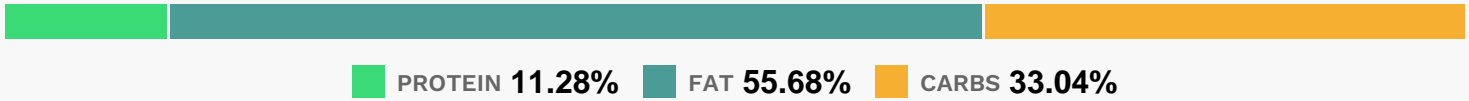
- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Sort lima beans, discarding debris. Rinse beans, put in a 3- to 4-quart pan, and add 1 1/2 quarts water. Bring to a boil over high heat; remove from heat and let stand at least 1 hour or overnight.
- ☐ Drain beans, add 1 1/2 quarts water, and bring to a boil over high heat. Cover, reduce heat, and simmer, stirring occasionally, until beans are tender to bite, about 20 minutes.
- ☐ Drain beans; reserve liquid.
- ☐ Meanwhile, trim and discard stem end and tough green top from leek; peel off and discard tough outer layer.
- ☐ Cut leek in half lengthwise and hold under cold running water, flipping layers to rinse well. Thinly slice crosswise.
- ☐ In an 8- to 10-quart pan over medium heat, frequently stir pancetta in 2 tablespoons olive oil just until limp, about 2 minutes.
- ☐ Add leek, onion, celery, and parsley; stir often over medium-high heat until vegetables begin to brown, 10 to 15 minutes.

- ☐ To pan, add 2 1/2 cups reserved bean-cooking liquid (save remainder for other uses or discard), drained beans, broth, tomatoes with juice, potatoes, and carrots. Bring to a boil over high heat; cover, reduce heat, and simmer, stirring occasionally, about 10 minutes.
- ☐ Add cabbage, Swiss chard, green beans, and zucchini; cover and simmer, stirring occasionally, until all vegetables are very tender to bite, 20 to 25 minutes longer.
- ☐ Ladle soup equally into bowls; spoon 1 tablespoon olive oil and about 1/2 tablespoon pesto alla genovese into each portion.
- ☐ Serve with remaining pesto and salt and pepper to add to taste.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:24.851304406705%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Apigenin: 3.86mg, Apigenin: 3.86mg, Apigenin: 3.86mg, Apigenin: 3.86mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 377.71kcal (18.89%), Fat: 24.02g (36.96%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 23.33g (8.48%), Sugar: 7.84g (8.72%), Cholesterol: 7.44mg (2.48%), Sodium: 1033.17mg (44.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.91%), Vitamin K: 203.14µg (193.47%), Vitamin A: 3536.57IU (70.73%), Manganese: 0.79mg (39.73%), Folate: 154.36µg (38.59%), Vitamin C: 30.76mg (37.29%), Fiber: 8.75g (34.98%), Potassium: 1009.82mg (28.85%), Magnesium: 105.76mg (26.44%), Iron: 4.2mg (23.32%), Vitamin B6: 0.46mg (22.82%), Vitamin E: 3.3mg (21.98%), Phosphorus: 195.84mg (19.58%), Copper: 0.38mg (18.89%), Vitamin B1: 0.28mg (18.59%), Vitamin B3: 2.61mg (13.07%), Vitamin B2: 0.2mg (11.91%), Calcium: 114.5mg (11.45%), Selenium: 7.13µg (10.19%), Vitamin B5: 0.92mg (9.23%), Zinc: 1.35mg (9%), Vitamin B12: 0.28µg (4.69%)