



Ten Minute Vegetable Pantry Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup tomatoes diced canned (no-salt added)



4 ounces mushrooms drained sliced canned



1 cup navy beans drained and rinsed canned



8.3 ounces carrots drained sliced canned



0.5 teaspoon savory dried



2 cloves garlic minced



8.3 ounces cut green beans drained canned



0.3 teaspoon ground sage

- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 large onion diced
- ☐ 2 teaspoons red wine vinegar
- ☐ 8 servings salt and pepper as needed to taste
- ☐ 1 quart vegetable broth low-sodium (if you desire)
- ☐ 1 cup vegetable juice 100%

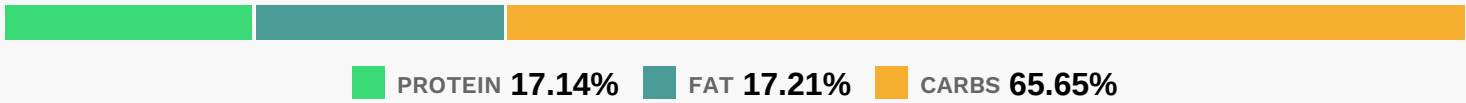
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add the onion and sauté until transparent, about 2 minutes.
- ☐ Add the garlic, Italian seasoning, savory and sage, and cook 10 seconds.
- ☐ Add the broth, vegetable juice and vinegar, and bring to a boil.
- ☐ Add the tomatoes, navy beans, carrots, green beans, and mushrooms and let the soup simmer for 4 to 5 minutes.Season to taste with salt and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:24.73, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:12.663043423839%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 105.46kcal (5.27%), Fat: 2.14g (3.29%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 13.26g (4.82%), Sugar: 5.78g (6.42%), Cholesterol: 0mg (0%), Sodium: 518.99mg (22.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Vitamin A: 5375.06IU (107.5%), Vitamin C: 18.9mg (22.91%), Fiber: 5.1g (20.41%), Vitamin K: 21µg (20%), Manganese: 0.31mg (15.69%), Potassium: 416.8mg (11.91%), Folate: 43.79µg (10.95%), Vitamin B6: 0.19mg (9.59%), Iron: 1.65mg (9.18%), Phosphorus: 87.35mg (8.73%), Magnesium: 34.47mg (8.62%), Vitamin B1: 0.13mg (8.37%), Copper: 0.17mg (8.35%), Vitamin E: 1.08mg (7.17%), Calcium: 61.62mg (6.16%), Vitamin B3: 1.14mg (5.7%), Vitamin B2: 0.09mg (5.42%), Selenium: 2.93µg (4.18%), Zinc: 0.59mg (3.9%), Vitamin B5: 0.38mg (3.82%)