



WHATSheATE



Vegan Macaroni and “Cheese” Soup

READY IN



40 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 2 medium celery stalks diced finely
- ☐ 1.5 cups firmly nondairy cheese cheddar-style packed
- ☐ 0.5 teaspoon optional: dill dried
- ☐ 8 servings salt and ground pepper to taste
- ☐ 1 teaspoon ground mustard
- ☐ 1.5 tablespoons olive oil
- ☐ 2 cups soup noodles such as shells or elbows
- ☐ 1 cup peas frozen

- ☐ 1.5 teaspoons penzey's southwest seasoning salt-free (such as Mrs. Dash)
- ☐ 1 vegetable cube
- ☐ 2 cups water
- ☐ 1 large onion yellow finely chopped

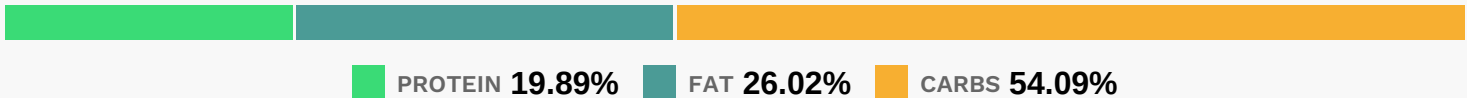
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ dutch oven

Directions

- ☐ In a large saucepan or Dutch oven over medium-low, combine the margarine or oil, onion and celery.
- ☐ Saute until the onion and celery are golden, about 5 minutes.
- ☐ Add the beans, water, bouillon cube, salt-free seasoning, mustard powder and dill. Bring to a simmer, then cover and reduce the heat to simmer for 20 minutes.Meanwhile, bring a medium saucepan of salted water to a boil.
- ☐ Add the pasta and cook until al dente, about 6 to 7 minutes.
- ☐ Drain and set aside.When the soup has simmered, stir in the rice milk and cheese.
- ☐ Heat, stirring constantly, until the cheese has melted.
- ☐ Transfer the soup, in batches if necessary, to a blender. Puree until very smooth.Return the soup to the pot. If desired, the soup can be thinned with additional rice milk.
- ☐ Add the peas and cooked pasta, then continue cooking over very low heat until hot. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.04, Glycemic Load:14.52, Inflammation Score:-7, Nutrition Score:17.06869565404%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 355.49kcal (17.77%), Fat: 10.38g (15.97%), Saturated Fat: 4.7g (29.4%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 40.47g (14.72%), Sugar: 2.99g (3.33%), Cholesterol: 21.19mg (7.06%), Sodium: 261.32mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.69%), Manganese: 0.98mg (49.12%), Selenium: 24.6µg (35.14%), Fiber: 8.08g (32.31%), Phosphorus: 277.27mg (27.73%), Calcium: 266.61mg (26.66%), Folate: 101µg (25.25%), Iron: 4.46mg (24.78%), Magnesium: 89.31mg (22.33%), Copper: 0.4mg (20.02%), Potassium: 679.08mg (19.4%), Zinc: 2.71mg (18.05%), Vitamin K: 14.61µg (13.91%), Vitamin B1: 0.2mg (13.26%), Vitamin B2: 0.19mg (10.99%), Vitamin C: 8.74mg (10.6%), Vitamin B6: 0.2mg (10.06%), Vitamin A: 469.72IU (9.39%), Vitamin E: 1.38mg (9.17%), Vitamin B3: 1.03mg (5.13%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.23µg (3.79%)