Soup That Use a Lot of Vegetables

Soup is a great way to feed your family something warm and nutritious, while also keeping it light and flavorful. Another benefits is that you can get your day’s worth of veggies just by having a big bowl of soup. Here are some types of soups that really pack in the vegetables.

**Vegetable Fagioli**

This type of soup is going to use pasta and vegetables with an Italian flair. It can be prepared and cooked in less than 30 minutes once the chopping is done, so it is a great way to have a hearty and healthy soup for your family. Use up your leftover veggies for the soup, such as zucchini and other squash, carrots, celery, onions, and even some corn and green beans if you like. Add in tomatoes, white beans, and spinach. Short pasta is needed for the soup, along with herbs and Italian seasonings. This can use any type of broth, including vegetable if you follow a vegetarian lifestyle.

**Minestrone Soup**

Minestrone is a type of vegetable soup that uses tons of veggies and typically has penne pasta and kidney beans as well. Italian seasoning, salt and pepper, should be enough to season the soup, though you can add in other seasonings or herbs if you want. You will use vegetable broth and tomatoes for the broth, along with lots of veggies. Like other vegetable soups, it typically uses spinach, zucchini, squash, onions, carrots, and celery. However, don’t be afraid to get creative and try adding some different types of vegetables to it.

**White Bean and Tomato Soup**

This soup not only uses a lot of vegetables, but it is vegetarian and vegan, so it fits a lot of different dietary restrictions. The white beans help to make it a little heartier, add to the overall flavor, and give it more protein so you aren’t missing the meat portion. Add some crushed tomatoes and a little marinara with vegetable broth, olive oil, oregano, salt, and pepper. Onions, peppers, carrots, celery, and greens like kale or spinach are great to add to the white bean soup. You can also thicken it up by adding some elbow macaroni pasta as well. Add it to the pot when you start cooking so it becomes tender by the time the soup is boiling.

These recipes are only starters, so you can change them however you see fit.