

# Green Spring Minestrone (Vegan)

Prep: 15 minutes • Cook: 45 minutes

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*A hearty and flavorful soup chock-full of fresh spring vegetables, pasta and herbs. Easy, budget-friendly and healthy, it's a perfect one-pot meal.*

## Ingredients

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- 1-2 tablespoons extra-virgin olive oil
- 2 leeks (thinly sliced)
- 1 medium onion (diced (substitute for leeks))
- 1 medium parsnip (peeled and diced)
- 1 medium carrot (peeled and diced (substitute for parsnip))
- 2 stalks celery (diced)
- 2-4 cloves garlic (minced)
- 8 cups vegetable broth
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 cups green beans (trimmed and chopped (or use 1 cup with 1 cup asparagus))
- 1 cup asparagus (trimmed and chopped (optional))
- 1 (15 oz) can white beans (e.g., cannellini or great northern) (drained and rinsed)
- 1 cup (or 3/4 cup if tiny pasta) small dry pasta (e.g., ditalini or small shells; or tiny shapes like orzo or acini de pepe)
- 2 packed cups kale (stalks removed, thinly sliced)
- 1 cup frozen peas
- 2 tablespoons white miso paste (optional)
- 1 tablespoon lemon juice (fresh; from about half a lemon)
- to taste salt
- to taste black pepper
- 1/2 cup basil or dill (fresh, chopped, for garnish)
- to taste vegan parmesan (grated, for garnish)
- to taste red pepper flakes (for garnish)

## Instructions

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1. Cut off the dark green ends of the leeks; thinly slice the remaining white and light green parts and discard the root.
2. Place sliced leeks in a bowl of cool water; agitate to dislodge grit, let sit a few minutes for dirt to settle, then lift leeks

out and drain in a colander.

3. Heat olive oil in a soup pot over medium heat until shimmering.
4. Add sliced leeks and a generous pinch of salt; sauté 2-3 minutes until softened.
5. Add celery, parsnip (or carrot), and garlic; sauté another 2-3 minutes.
6. Pour in vegetable broth and add dried oregano, dried thyme, and bay leaves; bring to a boil.
7. Add green beans, white beans, dry pasta, kale, and frozen peas.
8. Reduce heat to maintain a rapid simmer; cook 10-15 minutes, stirring occasionally, until pasta is al dente.
9. Ladle a small bowl of hot broth from the pot; whisk in the miso paste until dissolved, then stir it back into the soup.
10. Stir in fresh lemon juice; taste and season with salt and pepper.
11. Serve hot, garnished with chopped basil or dill, grated vegan parmesan, and red pepper flakes if desired.

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**Tags: Vegan, Soup, One Pot, Spring Vegetables, Italian Inspired, Healthy**

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