

Lemon White Bean Soup (Gluten-Free with Soy- and Nut-Free Options)

Prep: 20 minutes • Cook: 20 minutes

A creamy, vibrant one-pot lemony white bean soup packed with hearty veggies and protein, finished with bright citrus and optional smoky roasted corn. Comforting yet light, perfect for cozy weeknights.

Ingredients

- 1/3 to 1/2 cup white beans (cooked or canned (for the purée))
- 1/4 cup cashews (optional; for the purée)
- 1/3 cup silken tofu (optional; use instead of cashews for nut-free purée)
- 2 teaspoons white miso (use chickpea miso for soy-free)
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest (or zest of 1/2 lemon)
- 1/2 cup vegetable stock (or more as needed; for the purée)
- 2 teaspoons olive oil
- 4 cloves garlic (finely chopped)
- 1 cup onion (chopped)
- 2 teaspoons tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon dill (dried; or use 1 tablespoon fresh)
- 1/2 teaspoon smoked paprika
- 1/4 to 1/2 teaspoon black pepper (to taste)
- 1/4 teaspoon red pepper flakes
- 3/4 cup carrots (chopped small)
- 1/2 cup celery (chopped small)
- 3/4 cup red bell pepper (chopped small)
- 1 cup white beans (cooked or drained canned)
- 3/4 to 1 cup roasted corn (from grilled corn on the cob or sautéed frozen corn)
- 3/4 cup broccoli (chopped small)
- 1/2 teaspoon salt
- 1 1/2 cups vegetable stock (plus more as needed)
- to taste fresh herbs (chopped; for garnish)
- to taste olive oil (for drizzling; garnish)

- to taste red pepper flakes (for garnish)
- to taste vegan pesto (or vegan cheddar cheese; for garnish)
- to taste vegan cheddar cheese (or vegan pesto; for garnish)

Instructions

1. Make the bean purée: Add 1/3 to 1/2 cup cooked white beans, cashews or tofu, white miso, nutritional yeast, lemon juice, lemon zest, and 1/2 cup vegetable stock to a blender. Blend until smooth.
2. If using cashews, blend about 1 minute, rest 5 minutes, then blend again until completely smooth. Set aside.
3. Optional roasted corn: For corn on the cob, roast directly over a grill or gas flame until kernels are mostly blackened, then cut off the kernels. For frozen corn, sauté with 1 teaspoon oil in a skillet 4 to 5 minutes until golden. Roasting adds a smoky flavor but can be skipped.
4. Start the soup: Chop all veggies into similar-size pieces. Heat a large saucepan over medium heat and add olive oil.
5. Add garlic and sauté about 10 seconds. Add onion and a pinch of salt; cook until onion turns translucent.
6. Stir in tomato paste, oregano, dill, smoked paprika, black pepper, red pepper flakes, and a splash of stock. Cook about 30 seconds to lightly roast the tomato paste.
7. Add carrots and celery with another pinch of salt. Mix, cover, and cook 3 to 4 minutes.
8. Add bell pepper. Mix, cover, and cook another 3 to 4 minutes until veggies start to soften.
9. Add roasted corn, remaining white beans, broccoli, salt, and the bean purée. Rinse the blender with the remaining stock and add to the pot. Mix well.
10. Partially cover and simmer 8 to 10 minutes, until the soup is thick and creamy.
11. Taste and adjust with more salt or lemon juice as needed. If too thick, add a splash of stock to loosen (it will continue to thicken as it sits).
12. Serve hot, topped with fresh herbs, a drizzle of olive oil, red pepper flakes, and vegan pesto or vegan cheddar, with toasted multigrain or garlic bread.

Tags: Vegan, Gluten Free, Soup, One Pot, Mediterranean, Weeknight Friendly
