

Vegan Butter Bean Soup Meal Prep

Prep: 10 minutes • Cook: 10 minutes

A no-cook mason-jar soup that transforms into a silky, tomato-cream broth perfumed with Italian herbs, tender butter beans, pastina, and bright kale. Hearty, comforting, and surprisingly complex in just minutes.

Ingredients

- 1/2 cup vegan cream or milk (such as Country Crock Plant Cream)
- 1 carrot (finely chopped)
- 1/2 cup sweet onion (finely chopped)
- 1 stalk celery (finely chopped)
- 4 cloves garlic (finely chopped)
- 1/4 cup tomato paste
- 1 teaspoon Italian seasoning
- 2 vegan bouillon cubes (No Chicken style preferred)
- 1 can (14 oz) butter beans (drained and rinsed)
- 1 cup pastina (tiny star-shaped pasta)
- 2 cups kale (chopped)
- a few pinches salt
- a few pinches black pepper

Instructions

1. Finely chop the carrot, onion, celery, and garlic so the pieces are very small.
2. Prepare four 16 oz (pint) mason jars with lids.
3. Divide the vegan cream or milk evenly among the four jars, pouring it into the bottom of each jar.
4. Evenly divide the chopped carrot, onion, celery, and garlic between the jars (do not add kale yet).
5. Divide the tomato paste evenly among the jars (about 1 tablespoon per jar).
6. Sprinkle the Italian seasoning evenly into each jar.
7. Cut each bouillon cube in half and add one half to each jar (total 4 halves).
8. Divide the drained and rinsed butter beans evenly among the jars.
9. Add 1/4 cup uncooked pastina to each jar (1 cup total).
10. Add a few pinches of salt and a few pinches of pepper to each jar.
11. Top each jar with 1/2 cup chopped kale.

12. Seal the jars and refrigerate until ready to eat (they keep 7–9 days).

13. To serve (microwave method): Remove lid, fill the jar with water to the top of the kale, cover loosely with a paper towel, microwave 1 minute, stir, microwave another 1 minute, stir, then microwave 30–60 seconds more, or until the pastina is al dente. Add more water if needed.

14. To serve (boiling water method): Remove lid, fill the jar to the top with boiling water, replace lid and let sit 5 minutes. Stir, cover again, and let sit another 3–5 minutes, or until the pastina is al dente; let sit longer if needed.

15. Taste and adjust with additional salt and pepper if desired.

Tags: Vegan, Soup, Meal Prep, Beans, Pasta, Dairy Free

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