

Zucchini & Greens Soup – Vegan

Prep Time: 30 minutes
Total Time: 30 minutes

Serving Size: 4
Calories per serving: 370
Fat per serving: 0

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Ingredients

- 4 cloves garlic, chopped
- 1 small white onion, chopped
- 4 cups cooked cannellini beans
- 8 cups vegetable stock
- 3 cups chopped zucchini
- 3 cups chopped kale
- 2 tablespoons thinly sliced basil
- salt and pepper to taste

Instructions

1. In a large saucepan, sauté garlic and onion in 2 tablespoons vegetable stock for 3 minutes over medium heat.
2. Add beans, remaining stock, zucchini and kale and simmer for 20-30 minutes.
3. Remove from heat, add basil and salt and pepper to taste.

Notes

Nutrition facts (per serving): Calories: 370, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 362mg, total carbohydrate: 69g, fiber: 18g, sugar: 7g, protein: 26g.