



Veggie-Loaded Anytime Soup



1/8 of recipe (about 1 1/3 cups): 79 calories, <0.5g total fat (0g sat. fat), 788mg sodium, 14.5g carbs, 4.5g fiber, 7g sugars, 4g protein

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Prep: 20 minutes **Cook:** 55 minutes



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Ingredients

4 cups roughly chopped cabbage
2 cups chopped celery
2 cups carrots, cut into coins
1 cup chopped onion
One 14.5-oz. can [fire-roasted diced tomatoes](#) (not drained)
1 tbsp. chopped garlic
1 tsp. dried oregano
1/4 tsp. ground thyme
2 bay leaves
1/4 cup [nutritional yeast](#)
1/4 tsp. salt, or more to taste
1/2 tsp. black pepper
6 cups vegetable broth
4 cups spinach
1 cup frozen cut green beans
Optional toppings: olive oil, fresh parsley

Directions

Place all ingredients except spinach and green beans in a large pot. Mix well. Bring to a boil.

Reduce to a simmer. Stirring occasionally, cover and cook for 30 minutes, or until veggies are tender.

Remove and discard bay leaves. Stir in spinach and green beans. Stirring occasionally, cook until spinach has wilted and green beans are hot, about 5 minutes.

MAKES 8 SERVINGS

Slow-Cooker Alternative: Add ingredients except spinach and green beans to a [slow cooker](#). Cover and cook on high for 3-4 hours or on low for 7-8 hours, until veggies have softened. If cooking at high heat, decrease heat to low. Remove and discard bay leaves. Stir in spinach and green beans. Cover and cook until spinach has wilted and green beans are hot, about 5 minutes.

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