ITALIAN · LUNCH · DINNER

Minestrone di Verdure (Italian Vegetable Soup)

60 min · Serves 8 · 240 kcal a serve · Video 3:46 · GialloZafferano

Vegan · Gluten-free ingredients · No nuts listed

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Ten vegetables plus borlotti beans in one pot: each serve gives about 7 g fibre, over 40 mg vitamin C and plenty of vitamin A from pumpkin and carrot, for about 240 kcal. Vegan, with olive oil as the only fat.

Diet notes: Low saturated fat (1.6 g, 6% of the energy); DASH-friendly (430 mg sodium a serve).

Ingredients 18 · SERVES 8

- [ ] 50 g **extra-virgin olive oil**
- [ ] 60 g **celery**, diced
- [ ] 80 g **carrots**, diced
- [ ] 80 g **red onion**, diced
- [ ] 150 g **leeks**, sliced
- [ ] 2 **bay leaves**
- [ ] 1 sprig **rosemary**
- [ ] 200 g fresh borlotti (cranberry) beans, shelled
- [ ] 250 g **cleaned pumpkin**, diced
- [ ] 330 g **potatoes**, diced
- [ ] 300 g **cleaned cauliflower florets**
- [ ] 200 g **peas**
- [ ] 150 g **zucchini**, diced
- [ ] 350 g **tomatoes**, diced
- [ ] **water** to cover the vegetables, topped up as needed
- [ ] **fine salt** to taste
- [ ] **black pepper** to taste
- [ ] **extra-virgin olive oil**, to drizzle when serving (about 1 tsp a bowl)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Warm the olive oil in a large pot and gently cook the celery, carrot, onion and leek for about 10 minutes. Add the bay leaves and rosemary tied together. 0:55
2. Add the borlotti beans, pour in water to cover, bring to the boil and cook for 2 minutes. 1:28
3. Add the pumpkin, then the potatoes, then the cauliflower, bringing the pot back to the boil for 2 minutes after each and topping up with water so everything stays covered. 1:42
4. Cover and simmer for 25 minutes. 2:15
5. Add the peas, zucchini and tomatoes, top up with water if needed, season with salt and pepper and remove the herbs. Simmer 2–3 minutes more. 2:25
6. Serve with a drizzle of olive oil and a grind of black pepper. 3:18

> **Tip** Serves 8 (as the cook says). Swap in whatever is in season. A parmesan rind simmered in the pot adds flavour (no longer vegan). Use canned borlotti, drained, if fresh aren't available. Keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
240 kcal 1,010 kJ	6.7 g 13% of a day	31 g 23 g net · 6.8 g sugars 11% of a day
FIBRE	**FAT**	**SODIUM**
7.3 g 26% of a day	11 g 1.6 g saturated 15% of a day	430 mg 19% of a day

Energy from net carbs 42% · protein 12% · fat 46%

High in (20%+ of a day) Vitamin C 49% · Vitamin A 34% · Vitamin K 33% · Folate 29% · Vitamin B6 26%

Source of (10–19%) Potassium 18% · Vitamin E 17% · Magnesium 15% · Iron 14% · Omega-3 12% · Zinc 10%

Recipe and video: GialloZafferano (@GialloZafferanoTV) on YouTube — youtube.com/watch?v=XVSRyGIS5io, published 17 September 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/minestrone-di-verdure