

White Minestrone

2-3 onions roughly chopped
4 cloves + 2 cloves garlic minced
1 Tablespoon + 2 1/2 teaspoons salt
8 large carrots peeled and cut into rounds
2 Tablespoons olive oil
4 cups cooked garbanzo beans {or any white bean}
4 cups shredded green cabbage
2 cups of sliced rounds of zucchini or yellow squash
2 celery stalks sliced
1 teaspoon dried oregano
1/2 teaspoon black pepper
1 Tablespoon dried basil
1 teaspoon thyme
1 Tablespoon nutritional yeast
1 teaspoon raw apple cider vinegar
2 teaspoons honey
2 cups spinach, kale, or nettles cut into ribbons



In a stockpot steam fry or sauté onions, 4 cloves of garlic, 1 Tablespoon salt and 1 cup of the carrot rounds in oil until onions are translucent, 5-7 minutes.

Transfer sauté mix to blender and add 2 cups water and 2 cups garbanzo beans. Blend until creamy. Return sauté mix to stock pot.

Add 8 cups water, remaining carrots, cabbage, zucchini or yellow squash and celery. Bring to a boil, turn heat down, and simmer until vegetables are soft, about 15 minutes.

Add the remaining 2 cups garbanzo beans, black pepper, basil, thyme, 2 1/2 teaspoons salt, vinegar, honey, remaining 2 cloves minced garlic and spinach, kale or nettle ribbons. Simmer 5 minutes.

Serve immediately.

Serves 6-8

Recipe by Amy Choate

From Amy Choate and Annie Miller's new book, "Naked Nutrition, Whole Foods Revealed"