

# Jim's Real Food Kitchen

*A Plant Based Whole Foods Lifestyle*



## Vegetable, Bean & Chard Soup

A Vegan Jim Recipe - First made in Jim's kitchen 11/06/2022

### Ingredients

- 1 Onion, chopped
- 3 Stalks celery, chopped
- 2 Garlic cloves
- 2 Medium potatoes chunked
- 2 Small zucchini, cut lengthwise, then diced
- 5 Cups, Fresh chard leaves, chopped
- 2 Cups, Uncooked Rotini pasta
- 15 Ounce Can, Organic garbanzo beans
- 15 Ounce Can, Organic cannellini beans
- 15 Ounce Can, Organic green beans w/o salt
- 15 Ounce Can, Organic green peas w/o salt
- 1 Tbsp, Dried basil
- ¼ Tsp, Ground black pepper
- 15 Ounce Can, Organic tomato sauce w/o salt
- 15 Ounce Can, Organic petite diced tomatoes in juice w/o salt
- 2 ½ Cups, Liquid from canned beans & peas
- 1 Cup, Westsoy Soymilk
- 3 Cups, Water



### Directions

1. In blender, blend garlic, basil, tomato sauce, petite tomatoes, ground pepper with 2 cups of water. Vegan Jim uses Vitamix blender.
2. Combine all ingredients except pasta and chard in a large soup pot.
3. Bring to boil and simmer for 45 minutes.
4. Add pasta and chard and simmer for additional 15 minutes.
5. Ready to serve.