

## Vegan Minstrone Soup

(Whole 30, Paleo)

### Shopping List:

Serving size: 2-4

- 1/2 tbsp olive oil
- 1/2 white onion, diced
- 1/2 large carrot, peeled and diced
- 3 garlic cloves, minced
- 1/2 medium potato, peeled and chopped
- 5 Brussels sprouts, shredded
- 1/2 tsp red pepper flakes
- 1 tsp dried oregano
- 2 bay leaves
- salt & pepper to taste
- 14.5 oz diced tomatoes + juice
- 14.5 oz can vegetable stock
- 1 cup water
- 1 medium zucchini, spiralized blade C
- 1/4 cup fresh basil leaves, diced
- 

Heat the olive oil in a large sauce pan over medium high heat. When the oil is hot, add the onions, carrots, and potatoes. Cook until the onions are translucent, 5-7 minutes. Add in the minced garlic, red pepper flakes, and oregano. You may add in the salt & pepper now or wait. Stir the mixture well to combine and cook for about 1 minute. Add in diced red tomatoes, vegetable stock, and water. Mix in bay leaves and cook for another 15 minutes. Add in the shredded Brussels sprouts and cook for another 5 minutes.

While the soup is cooking, wash the zucchini and cut off the ends to create a flat surface. Place the zucchini on the [Spiralizer](#), using the blade of your choice, and turn the handle to create "noodles". I used the [flat ribbon blade option](#) (I think it's blade A). Cut the pile of noodles 3-4 times to shorten the length of the noodles. This makes it easier to serve and eat later.

Add your zucchini noodles and fresh basil to the soup and stir to combine. Remove from heat and allow the soup to cook the "noodles" for about 5-7 minutes before serving. You can leave the stove on low to simmer during the remaining time, however removing it from heat allows it to cool just a little before serving it and the noodles to be al dente.