

# 11 Delicious Vegetarian Soup & Stew Recipes

By Kelly Rossiter & Jaymi Heimbuch | [Treehugger.com](https://www.treehugger.com)

There are few meals as simple as opening a can of soup, plopping the contents into a pot or bowl and heating it up. But there is little satisfying about this kind of meal when it comes from a can from the supermarket. The affordable canned soups are loaded up with sodium and other unwanted additives, with ingredients that have had the nutrients processed right out of them. And if you're going for healthier, more locally made soups then you are probably paying what feels like a small fortune. Take control of your kitchen and food budget by making these soups for yourself. You can put them in individual containers and store them in the fridge and freezer so you can have the same level of convenience but for less money and a much greater level of satisfaction.

## 1. Tuscan White Bean Soup



It is filled with everything good, and nothing bad for you. And because it is so easy to put together, it's an excellent recipe for rainy days.

### INGREDIENTS

2 tbsp olive oil  
1 onion, chopped small

1 cup thinly sliced celery  
4 garlic cloves, minced  
2 tsp dried oregano or 1 tbsp fresh  
1/2 tsp dried thyme or 1 tsp fresh  
1 tsp dried basil or 1 tbs fresh  
2 carrots, cut into 3/4 slices  
2 tomatoes, seeded annd chopped  
5 cups vegetable stock  
1 (15 oz) cannellini beans, drained and rinsed  
1 tbsp finely chopped sage (optional)  
1 1/2 tsp sea salt, or to taste  
1/4 tsp freshly ground black pepper

1. Place oil in a large pot over medium-high heat. Add the onion, celery, and garlic and cook for 3 minutes, stirring frequently. Add the oregano, thyme, basil, carrots and tomatoes and cook for 5 minutes, stirring occasionally and adding small amounts of stock or water if necessary to prevent sticking.

2. Add the vegetable stock and cannellini beans and cook for 10 minutes, stirring occasionally.

3. Place 3 1/2 cups of the soup in a blender and blend until creamy, or use an immersion blender. Return to the pot and stir well.

4. Add salt and pepper to taste. Garnish with sage, if using.

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