

# Hearty Italian Vegetable Soup

Yield: 5 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/hearty-italian-vegetable-soup-recipe>

## Ingredients:

- olive oil Splash of
- 1 red onion finely chopped
- 2 sticks celery sliced
- 1 clove garlic finely chopped
- 1 large carrot finely diced
- 1 red pepper diced
- 1 courgette fluffy seeds removed and diced
- 1 teaspoon fennel seeds toasted and ground in a pestle and mortar
- 1 teaspoon dried oregano
- 5/8 cup red wine
- 1 can chopped tomatoes
- 2 1/8 cups vegetable stock
- 1 can cannellini beans
- sea salt
- black pepper
- basil leaves handful of chopped
- Parmesan
- olive oil

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 640 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Hearty Italian Vegetable Soup above. You can see more 16 hearty italian vegetable soup recipe [Get cooking and enjoy!](#) to get more great cooking ideas.