

Spring Minestrone Soup

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chick-pea-soup-recipe>

Ingredients:

- 2 tablespoons olive oil
- 6 green onions
- 2 green garlic
- 2 large garlic cloves
- 1 pound baby potatoes or Yukon gold potatoes cut into 1-inch chunks
- 15 ounces diced tomatoes
- 4 cups vegetable stock or chicken stock, use vegetable stock if cooking vegetarian or vegan
- salt
- 1/2 pound artichoke hearts fresh or frozen, chopped roughly
- 15 ounces chickpeas garbanzo beans, rinsed and drained
- 1 cup peas fresh or frozen
- 1/2 pound asparagus cut into 1-inch chunks
- 2 cups greens dandelion, chard, spinach, kale, arugula, etc, sliced into thin ribbons
- 1/4 cup pesto
- grated Parmesan cheese for garnish, omit for vegan version, optional
- 1 teaspoon black pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 13 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1280 milligrams
9. Sugar: 9 grams

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