

# Italian Vegetable Soup with Beans, Spinach & Pesto

Yield: 10 min  
Total Time: 35 min

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

## Ingredients:

- 1 1/2 tablespoons olive oil
- 1 onion large, cut into small dice
- 3 carrots medium, peeled and sliced 1/4-inch thick
- 3 celery stalks medium, sliced 1/4-inch thick
- 1 bell pepper medium, red or yellow, stemmed, seeded and cut into medium dice
- 1 pound all purpose potatoes unpeeled and cut into medium dice
- 16 ounces diced tomatoes petite
- 31 ounces cannellini beans undrained
- 6 cups low sodium chicken broth in can or carton
- 7 ounces baby spinach loosely packed
- 1 cup green peas frozen
- salt and ground black pepper
- prepared pesto found in grocer's refrigerated section

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 30 grams
3. Fat: 4.5 grams
4. Fiber: 4 grams
5. Protein: 12 grams
6. Sodium: 95 milligrams
7. Sugar: 4 grams

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