

Vegan Italian Wedding Soup

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-wedding-soup-recipe-no-meat>

Ingredients:

- 14 ounces cannellini beans drained and rinsed
- 1 small onion chopped
- 3 garlic cloves minced
- 1/2 cup fresh basil leaves chopped
- 1 cup panko breadcrumbs
- 2 tablespoons low sodium soy sauce
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon red pepper flakes
- 1 tablespoon olive oil
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- 1 onion medium, diced
- 2 medium carrots diced
- 1 fennel bulb medium, diced
- 3 garlic cloves minced
- 1 cup dry white wine
- 8 cups vegetable broth
- 1 teaspoon dried thyme
- 3/4 cup orzo pasta dried
- 6 cups fresh spinach chopped

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 43 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 10 grams
6. SaturatedFat: 1 grams
7. Sodium: 1510 milligrams
8. Sugar: 6 grams

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