

PESTO PASTA STEW

Yields: approximately 6 servings

ingredients

- 1 onion, diced
- 3-4 cloves garlic, minced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 2 stalks celery, chopped*
- 2 small zucchini (or, 1 if large)
- 2, 15-ounce cans kidney beans
- 1, 28-ounce can no salt added crushed tomatoes
- 6 cups low sodium vegetable broth
- 2 tablespoons tomato paste**
- 2 teaspoons dried oregano
- 1 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/2 teaspoon ground black pepper
- 2 tablespoons [dairy-free pesto](#)***
- Salt, to taste
- 3 cups, whole grain pasta of choice



(CONTINUED ON NEXT PAGE)



directions

Heat a large saucepan to medium-high heat. While it is heating, dice your onion. Once the pan is hot, add the onion and season lightly with salt. Sauté until translucent and lightly brown, about 5-7 minutes. If the onion begins to stick, add 1 tablespoon of water or vegetable broth at a time to help prevent sticking.

Dice your other veggies while the onions are cooking. Once the onions are done, add the celery and peppers until softened, about 5 minutes.

Add the zucchini and cook for an additional 2 minutes. Add beans, tomatoes, veggie broth, tomato paste, oregano, rosemary, thyme, basil, black pepper, and pesto. Stir and bring to a boil.

Once boiling, simmer for 15 minutes. Next, add the pasta and cook for an additional 9-10 minutes, until the pasta is cooked. Season with salt and pepper, to taste and serve with fresh basil.

Notes:

*We buy one head of celery and dice all of the stalks ahead of time and freeze in individual portions, about 2 stalks. When we make soup, we have it all ready to go!

**We hate waste and opening a can of tomato paste for the rest to go to waste! After opening a can of tomato paste, portion into 2 tablespoon servings on a cookie sheet lined with wax or parchment paper. Freeze. Once frozen, add to a container so you can pull out 2 tablespoons whenever you need it!

***We do the same thing here after we make our pesto recipe. Freeze in 2 tablespoon servings and use whenever you make this soup or our [Smashed Avocado](#), [Chickpea](#), [Pesto Sandwiches](#)!

find more recipes at www.wholesomeLLC.com

