

Italian vegetarian Minestrone Soup

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This Italian vegetarian minestrone soup is Italy's version of vegetable soup—usually vegetarian and endlessly adaptable. There are as many versions as there are people who make it, and that's the beauty of it. Each batch is a little different depending on what you have on hand, making it uniquely your own. That's why we lovingly called it **“Ever-Changing Minestrone Soup”** on our menu.

So what exactly is minestrone? Is it a soup or a pasta dish? Technically, it's a thick, hearty Italian vegetable soup, often made with pasta or rice—sometimes even both. It's meant to be comforting, nourishing, and deeply satisfying.

This version is vegetarian, but the vegetables are completely flexible—just use whatever's in your fridge. Want to make it gluten-free? Skip the pasta. Keeping it vegan? Leave out the cheese. I've made this soup in just about every form imaginable. One variation I especially loved involved sautéed, cubed tofu stirred in at the end—so hearty and delicious!

Things to know about this Italian vegetarian minestrone soup

You said:

Endlessly Customizable

One of the best things about minestrone soup is how flexible

it is. There's no single "right" way to make it—what goes in depends entirely on what you have on hand. This version is completely vegetarian, and it can easily be made vegan by omitting the cheese or gluten-free by skipping the pasta. Whether you're cleaning out the fridge or planning a cozy fall meal, this soup adapts to your lifestyle.

It all begins with a flavorful foundation. The classic trio of onion, carrot, and celery—known as *soffritto in Italian* gives the soup depth. This base ensures the the final soup is anything but bland.

Use a mix of hearty vegetables like zucchini, green beans, and potatoes, and don't forget to stir in a handful of greens such as spinach or kale at the end for a pop of color and a boost of nutrients. A touch of marinara adds body and richness to the broth, while pasta or rice transforms it into a full, satisfying meal. Just remember: aim for about twice as much liquid as vegetables for the perfect consistency.

While this soup is especially comforting in the fall and winter, it can easily be lightened up for the warmer months. Swap the marinara for pesto, and add seasonal ingredients like corn, peas, or diced fresh tomatoes. With minestrone, the seasons guide your ingredients—but the result is always delicious.

If you're a soup lover like me, be sure to try my **potato leek soup with pancetta** or my **creamy vegetarian tomato soup**. Enjoy!

Ingredients

- 1/2 cup olive oil
- 1 small chopped onion
- 1 Tbsp. minced garlic
- 1 cup chopped Italian parsley

- 1 cup each chopped celery and carrots
- 1 cup chopped zucchini
- 1 cup cubed potatoes
- 1 cup green beans cut into 1/2 each pieces
- 1 cup each fresh or frozen peas and corn
- 1 cup canned kidney beans rinsed and drained
- 2 cups chopped spinach
- 4 cups vegetable stock
- 1 cup water
- 1 cup my easy marinara sauce
- 1 cup small shaped pasta
- 1 Tbsp. each thyme and oregano
- Salt and pepper to taste
- grated parmesan for serving

Instructions

1. Sauté the base:

In a large soup pot, heat olive oil over medium heat. Add onion, carrot, celery, and a pinch of salt. Cook until softened, about 8–10 minutes. Stir in garlic and parsley; cook 1 more minute.

2. Add veggies and seasonings:

Add zucchini, green beans, and potatoes. Stir in the oregano, thyme, , salt, and pepper. Cook for 2–3 minutes to coat the vegetables in the aromatics.

3. Simmer the soup:

Pour in the broth, water, and marinara sauce. Bring to a boil, then reduce heat and simmer uncovered for 20 minutes, or until vegetables are tender.

4. Add beans, spinach and pasta (or rice):

Stir in the beans and pasta. Simmer until pasta is al dente, about 8–10 minutes. If using spinach or kale, stir it in during the last 5 minutes of cooking.

5. Adjust and serve:

Taste and adjust seasoning. If the soup gets too thick, add a bit more broth or water. Serve hot with a drizzle of good olive oil, grated cheese, or a spoonful of pesto.