



R *Mama P's*
Recipes

Organic Gourmet Seasonings

Mama's Italian Vegetable Bean Zuppa

“Zuppa Italiana di verdure e fagioli”

Made with [Mama's Organic Italian Seasoning](#)



You'll find great Zuppa Italiana di verdure e fagioli throughout Italy. This recipe has many of the same ingredients as [Mama's Pasta Fagioli recipe](#) but without the pasta and plus a few other ingredients and blends. It's healthy and easy to make!



Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, peeled and sliced/diced
- 2 large celery stalks, sliced/diced
- 5 cloves garlic, minced
- 1 tbsp Mama's Italian Seasoning
- 2 zucchinis diced
- 2 cups of green beans, chopped or 1 can of sweet young pea
- 32 oz cannellini beans, rinsed and drained
- 14 oz canned diced tomatoes or 2 large fresh tomatoes dice
- 4 cup vegetable broth preferred (or chicken broth)
- 1 tsp black pepper or more to taste
- 1 tsp of salt or more to taste
- 4 cups baby spinach broken into pieces
- 2 large basil leaves broken up
- 2 bay leaves
- Optional: two medium size peeled potatoes cut into small 1/6 pieces if you want to add a bit of starch, creamier texture, and flavor.

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👉 How to make 👈

In this order...

- Heat the olive oil in a large soup pot over medium-high heat.
- Add the onion, carrots, and celery. Cook for 5-7 minutes until beginning to soften.
- Add the garlic and Italian seasoning. Cook for 1 minute until fragrant.
- Add the zucchini and green beans and/or peas. Season with 1 tsp of garlic salt and 1 tsp of black or white pepper or more to taste.
- Cook for about 2 minutes. Add the diced tomatoes, beans, optional potatoes, and broth. Bring to a boil and turn down to a simmer. Cook for 20 minutes.
- Add 2 bay leaves
- Stir in the spinach and basil and season more as needed. Serve with Parmesan cheese if desired.

