



## Heart Warming and Belly Filling – High Vibe Italian Zucchini Soup

Watch the YouTube cooking demo via the link in the blog article.

Enjoy the nourishing embrace of this Italian Zucchini Soup, where Mediterranean flavors and fresh herbs come together in a healthified twist. Each spoonful is perfectly seasoned with a hint of spice, while protein-packed garbanzo beans make it hearty and satisfying without the need for gluten filled pasta. A cozy, soul-soothing bowl that warms both the heart and belly!

### Ingredients:

8 cups organic vegetable broth, divided  
1 organic yellow onion, diced  
6 cloves garlic, chopped  
2 zucchinis, cut in slices then quartered  
1 28 oz can San Marzano Peeled Tomatoes, roughly chopped  
1 cup basil, chopped  
¼ cup flat leaf parsley, chopped  
1 TB Sofrito Seasoning  
1 - 15 oz can garbanzo beans, rinsed  
Salt & Pepper to taste  
Parmesan Cheese (use vegan cheese if you want to keep it vegan), grated, for serving (optional)

### Procedure:

1. Heat ¼ cup vegetable broth in large soup pot over high heat.
2. Add onion, cook till limp (about 5 minutes).
3. Add garlic, cook 2 minutes.
4. Reduce heat to medium and add zucchini, cook 2-3 minutes.
5. Add tomatoes and stir to combine.
6. Add remaining vegetable broth.
7. Add basil and parsley and increase heat to medium high. Bring to a boil.
8. Add Sofrito seasoning.
9. Add garbanzo beans.
10. Reduce heat and simmer 30 minutes on medium.

If you are eating parmesan cheese, sprinkle on soup before serving. Serve and enjoy!

Bon Appetit!