



Vegan Garden Pizza Soup

Recipe by Nellie

Can pair with pizza

A hearty, colorful vegan soup filled with baby red potatoes and lots of vegetables, with all the comforting flavors of pizza in a nourishing tomato-based soup.

Ingredients

Vegetables

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 4–5 baby red potatoes, cut into small bite-sized pieces
- 1 cup squash, diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 bell pepper, diced
- 1½ cups mushrooms, sliced
- 1 cup cherry tomatoes, halved
- 2 cups fresh spinach or chopped kale

Soup

- 1 can (28 oz) crushed tomatoes
- 1 can (15 oz) diced tomatoes
- 4 cups vegetable broth
- 2 tablespoons tomato paste
- 1 teaspoon Italian seasoning
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

- ½ teaspoon smoked paprika
- Salt and black pepper, to taste
- 1–2 tablespoons nutritional yeast, optional

Pizza-style additions

- ½ cup sliced black olives
- ½ cup sliced vegan pepperoni, optional
- ½ cup vegan mozzarella, optional
- Fresh basil
- Crushed red pepper flakes, optional

Directions

1. Build the vegetable base.

Heat the olive oil in a large soup pot over medium heat. Add the onion, squash, celery, and baby red potatoes. Cook for about 6–8 minutes, stirring occasionally, until the vegetables begin to soften.

2. Add the aromatics.

Add the garlic, bell pepper, mushrooms, and zucchini. Cook for another 4–5 minutes, allowing the mushrooms to release some of their moisture.

3. Create the pizza broth.

Stir in the tomato paste, crushed tomatoes, diced tomatoes, vegetable broth, Italian seasoning, oregano, basil, garlic powder, onion powder, and smoked paprika.

4. Simmer.

Bring everything to a gentle boil, then reduce the heat and simmer for approximately 20–25 minutes, or until the baby red potatoes are tender.

5. Add the pizza vegetables.

Stir in the cherry tomatoes, black olives, spinach or kale, and vegan pepperoni if using. Simmer for another 3–5 minutes.

6. Make it rich and savory.

Stir in the nutritional yeast if desired. Taste and adjust the salt, pepper, oregano, basil, or crushed red pepper flakes to your liking.

7. Finish like pizza.

Ladle the soup into bowls and top with vegan mozzarella, fresh basil, and a sprinkle of oregano.

Serving

Serve this **Vegan Garden Pizza Soup** alongside your favorite vegan pizza for a delicious pizza night, or pair it with toasted garlic bread for dipping into the rich tomato broth.

The **tomato broth gives you the pizza-sauce flavor**, while oregano and basil bring in the classic Italian seasoning. Mushrooms and olives add savory depth, and the **baby red potatoes make the soup hearty enough to enjoy as a meal on its own.**

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