

# Nana's Pastina Soup



## Ingredients

- Vegan chicken substitute (1 cup, shredded or cubed)
- Acini di Pepe pasta (¾ cup)
- Vegan parmesan cheese (½ cup, grated; Violife or homemade vegan parmesan works well)
- Vegetable broth (6 cups)
- Olive oil (2 tablespoons)
- Garlic (4 cloves, minced)
- Onion (1 medium, finely diced)
- Carrots (2 large, diced)
- Celery (2 stalks, diced)
- Tomatoes (1 can diced, 14.5 oz, or 3 fresh tomatoes, diced)
- Fresh parsley (¼ cup, chopped)
- Fresh basil (¼ cup, chopped)
- Dried oregano (1 teaspoon)
- Dried thyme (½ teaspoon)
- Bay leaf (1)
- Salt & pepper (to taste)
- Lemon zest (optional, for garnish)

## Instructions:

1. **Sauté the Aromatics:**
  - Heat olive oil in a large soup pot over medium heat.
  - Add the diced onions and garlic. Sauté for 3-4 minutes until softened and fragrant.
2. **Cook the Vegetables:**
  - Add the diced carrots and celery. Sauté for 5 minutes to soften slightly.
  - Stir in the oregano, thyme, and bay leaf to coat the vegetables in the herbs.
3. **Add Tomatoes and Broth:**
  - Stir in the diced tomatoes and let them cook for 3 minutes.
  - Pour in the vegetable broth, bring the soup to a boil, and then reduce the heat to medium-low. Simmer for about 10 minutes, allowing the flavors to blend.
- **Add Pasta:** add uncooked acine de Pepe pasta to the soup to cook and absorb flavors
1. **Add Vegan Chicken:**
  - Add the vegan chicken substitute to the soup and simmer for 5 more minutes, or until heated through.
2. **Incorporate Vegan Parmesan:**
  - Stir in the grated vegan parmesan cheese until it melts and blends into the soup. Adjust the seasoning with salt and pepper to taste.
3. **Finish with Fresh Herbs:**
  - Stir in the fresh parsley and basil for a burst of flavor.
4. **Serve:**
  - Ladle the soup into bowls, garnish with extra vegan parmesan, lemon zest, and a drizzle of olive oil if desired.

**Tips:** For a deeper flavor, you can add a splash of white wine to the soup when sautéing the vegetables. If you want to make it richer, add a tablespoon of vegan butter or a splash of non-dairy cream at the end.