

Healthy Mussel and Vegetable Soup - Easy, Light, and Flavorful

Healthy Mussel and Vegetable Soup (Easy & Flavor-Packed)



TIME
40 min

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INGREDIENTS

2.2 lbs (1 kg) fresh mussels, cleaned and debearded
2 tablespoons olive oil
1 large onion, chopped
2 carrots, diced
2 celery stalks, diced
3 cloves garlic, minced
½ cup dry white wine (optional, or substitute chicken/vegetable broth)
1 (14 oz / 400g) can crushed tomatoes
4 cups fish or vegetable stock
½ cup fresh parsley, chopped (plus extra for garnish)
Salt and black pepper, to taste
Crusty bread, for serving

DIRECTIONS

- 1. Prepare the Mussels:** Rinse the mussels thoroughly under cold water. Scrub the shells and remove the "beards." Discard any that are cracked or remain open when tapped.
- 2. Sauté the Vegetables:** In a large pot or Dutch oven, heat olive oil over medium heat. Add onion, carrots, and celery. Cook for 5-7 minutes until softened. Add garlic and cook for 1 minute until fragrant.
- 3. Deglaze:** Pour in the white wine (if using) and bring to a simmer. Scrape up any browned bits from the bottom of the pot. Let it reduce for 2-3 minutes.
- 4. Simmer the Soup Base:** Stir in crushed tomatoes and stock. Bring to a gentle boil, then reduce heat and simmer for 15 minutes to allow the flavors to meld.
- 5. Add the Mussels:** Increase heat to medium-high. Add the cleaned mussels. Cover the pot tightly and cook for 3-5 minutes, shaking the pot occasionally, until all mussels have opened. Discard any that remain closed.
- 6. Finish and Serve:** Stir in chopped parsley. Season with salt and black pepper to taste. Ladle into bowls and garnish with extra parsley. Serve immediately with crusty bread for dipping.

SWAPS & NOTES

Add heat: A pinch of red pepper flakes adds subtle warmth.
Extra vegetables: Zucchini or spinach work beautifully.

Tomato-free option: Replace crushed tomatoes with extra stock for a clear broth version.

Discard any that remain open after tapping before cooking-and toss any that don't open after simmering.

TIPS FOR SUCCESS

Don't overcook the mussels-they only need a few minutes.

Use high-quality stock for the best flavor.

Serve immediately after cooking for optimal texture.

Taste and adjust seasoning at the end.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/healthy-mussel-and-vegetable-soup-easy-light-and-flavorful/>