

Kale, Quinoa & White Bean Soup

The No Fuss Vegetable Soup

Servings: 6

Serving Size: 1 ½ cups

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 2 large carrots, diced
- 2 large celery stalks, chopped
- 3 garlic cloves, minced
- 1 1/2 teaspoons dried thyme
- pinch of red pepper flakes, optional
- 1/2 cup dried quinoa
- 2 cans (15 oz.) white beans, drained and rinsed
- 1 can (14 oz) diced tomatoes, with juices (fire-roasted preferred.)
- 7 – 8 cups low-sodium vegetable broth or water
- 1 package (5 oz.) baby kale or 1 small bunch kale
- salt & fresh cracked pepper to taste

Instructions:

1. In a large pot or stock pot, heat oil over medium heat, Add onion, celery and carrots. Sauté for 10 minutes, until vegetables start to soften, and onion is translucent.
2. Add garlic, herbs/spices and cook for 30 seconds until fragrant.
3. Add the quinoa, beans, tomatoes and vegetable broth. Bring to a boil, cover, turn heat to low and simmer for 25 minutes, stirring occasionally.
4. Add kale, stirring occasionally, until kale wilts (baby kale will wilt faster than a typical bunch of kale).
5. Serve with crusty bread.

Notes: If using a bunch of kale, remove the center stem and roughly chop the leaves.

Source: <https://simple-veganista.com/2015/09/kale-quinoa-white-bean-soup.html>



Nutrition Facts

Serving Size: 1.5 cups (571g)
Servings Per Container: 6

Amount Per Serving

Calories 300 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 640mg **27%**

Total Carbohydrate 53g **18%**

Dietary Fiber 12g **48%**

Sugars 9g

Protein 14g

Vitamin A 170% • Vitamin C 60%

Calcium 20% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g