

Vegetable Bean Soup with Quinoa

EASY recipe

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| 1 tbsp olive oil | 1 can (15 oz.) no-salt added mixed beans, drained |
| 1 onion, chopped | 3 cups chopped kale |
| 3 garlic cloves, chopped | ½ cup quinoa |
| 2 carrots, diced | 8 cups water |
| 2 stalks celery, diced | 1 tsp salt, or more to taste |
| 1 zucchini, diced | 1 cup fresh chopped basil |
| 1 can (28 oz.) crushed tomatoes | ¼ cup freshly shredded Parmesan cheese |



Add oil to a large pot set over medium heat. **Add** onion, garlic, carrot and celery, and stir to combine. **Cook** about 5 to 7 minutes. **Add** zucchini, tomatoes, beans, kale, quinoa, water and salt. **Stir** together and let cook about 15 minutes, until quinoa and vegetables are tender. **Season** with salt to taste. **Add** to bowls, and top with basil and parmesan cheese. **Serve** hot.

Makes 6 servings. Per serving: 208 calories | 11g protein | 5g total fat | 1g saturated fat | 3g mono fat | 1g poly fat | 35g carbohydrate | 6g sugar | 9g fiber | 478mg sodium