

Hearty Quinoa & Bean Soup

Quinoa is a great ingredient to use in a soup because it soaks up a good amount of the liquid which helps give it a chunky stew texture – plus it's full of fiber & protein!

Ingredients:

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 carrot, diced
- 2 garlic cloves, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1/3 cup dry quinoa
- 2 cups vegetable broth
- 1 (540ml) can white kidney beans, drained & rinsed
- 2 cups baby spinach



Nutritional Information (per serving):

- Calories: 214
- Total Fat: 5g
- Carbs: 34g
- Fiber: 10g
- Protein: 10g

Preparation:

1. Heat a large saucepan over medium. Add oil, then onion. Cook until onion is soft, about 3 minutes.
2. Add carrot, garlic, cumin, coriander and quinoa. Cook for 2 more minutes.
3. Pour in broth and 2 cups of water. Bring to a boil, then reduce heat to medium low. Simmer, partially covered, until quinoa is cooked, about 15 more minutes.
4. Stir in beans and spinach. Cook until beans are hot and spinach is wilted, 2-3 more minutes. Serve immediately. Serves 4.