

## INGREDIENTS

1 T. oil  
1 onion, chopped  
2 large carrots, diced  
2 large celery stalks, chopped  
3 garlic cloves, minced  
1 T. Italian seasoning  
1/3 cup dry quinoa  
2 cans white beans, drained and rinsed  
1 can diced tomatoes  
7-8 cups low-sodium vegetable broth  
1-2 large handfuls kale or mixed greens  
Salt and pepper to taste

## DIRECTIONS

In a large pot, heat the oil over medium.  
Add the onion, carrots and celery and saute for 5 minutes.  
Add the garlic and Italian seasoning and cook for a few more minutes.  
Add the quinoa, beans, tomatoes and broth and simmer.  
Season with salt and pepper.  
Once all of the vegetables are tender and the quinoa is cooked, turn the heat off and stir in the greens.



# White Bean and Veggie Soup



6 servings



30 minutes

## NUTRITION FACTS

Serving Size: 1-1/2 cups

Calories: 192

Fat: 3g

Carbohydrates: 33g

Protein: 13g