

Soup Month + Recipe for Quinoa-Vegetable Soup

January is [National Soup Month](#), so I'm sharing one of my favorite soup recipes... [Quinoa-Vegetable Soup](#). It's warming, delicious and chock full of beneficial nutrients.



Vegetable-Quinoa Soup

Benefits of Soup

I am definitely a cool weather person and I'm convinced one of the reasons why is because I love soup. And while it of course depends on what's in the soup, a warming bowl of vegetable-based goodness can provide a whole host of **beneficial nutrients**. In fact, studies show that **people who eat a bowl of vegetable-based soup before a meal tend to eat about 20% fewer calories during the rest of the meal**, as compared to those who didn't start their meal with soup. Just think... if you start your meal with a bowl of soup frequently, this adds up to a lot of calories *not consumed* pretty quickly.

One reason that people may eat less if they start their meal with a small bowl of soup is because soup is mostly comprised of water and **soup is filling**. And, soups that are vegetable-based tend to contain **high-nutrient density with low-energy density**... nutrition speak for high in nutrients, low in calories.

Thanks to the vegetables, quinoa and beans in my [Quinoa-Vegetable Soup](#), it is rich in vitamins A, B, C and K plus dietary fiber, antioxidants and protein. These nutrients are good for healthy skin and immune system, lowered blood pressure and blood cholesterol levels, as well as a healthy gut and digestive system. It's a cinch to whip up on a busy weeknight or on the weekend for a few days' worth of warm lunches.

Quinoa-Vegetable Soup



This soup is easy-to-make, nutritious and delicious!

- 2 Tbsp. olive oil
- 1 each medium onion, chopped
- 3 each garlic cloves, minced
- 2 stalks celery, chopped
- 2 each carrots, diced
- 28 oz can fire-roasted tomatoes, diced
- 1 tsp dried thyme
- 2 cups favorite chopped frozen or fresh vegetables
- 0.75 cup quinoa, rinsed and drained
- 4 cups vegetable or chicken broth
- 2 cups water
- 2 bay leaves
- 15 oz canned white beans, rinsed and drained
- 1 cup favorite leafy dark greens, tough stems removed

- Salt and pepper, to taste
- Freshly grated Parmesan cheese, if desired

1. Heat large pot over medium heat.
2. Add onion, garlic, carrots and celery; cook and stir until veggies have softened, about 6-8 minutes. Add tomatoes and thyme; cook and stir for another 2-3 minutes. Add the remaining chopped vegetables, quinoa, broth, water and bay leaves. Season to taste.
3. Bring to a boil; then reduce heat and simmer for about 20-25 minutes. Add beans and greens to pot; simmer for another 5-10 minutes, until greens have softened. Remove from heat and remove bay leaves. Top with freshly grated Parmesan, if desired.

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