

# Vegetable Soup with Lentils, Quinoa, and Basil Pesto

**Yield: 6 servings**

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, swap butter and cheese with dairy-free alternatives

To make it low-FODMAP, omit garlic and swap leek for green part of green onions or chives

## Ingredients

2 Tbsp butter  
½ cup carrots, ¼ inch slices  
½ cup turnips, ¼ inch slices  
½ cup parsnips, ¼ inch slices  
1 Tbsp Italian seasoning, dry  
½ cup leek, medium dice  
1 cup savoy or napa cabbage, medium dice  
3 quarts chicken stock  
1 cup lentils  
½ cup quinoa  
½ cup zucchini, ¼ inch slices  
½ cup peas, fresh or frozen  
2 tsp salt, kosher  
1 cup basil pesto (separate recipe)

## Directions

1. Heat butter (2 Tbsp) in a medium Dutch oven.
2. When butter begins to bubble, add carrots (½ cup), turnips (½ cup), and parsnips (½ cup). Toss to coat, and cook for five minutes.
3. Add Italian seasoning (1 Tbsp), leek (½ cup), and cabbage (1 cup). Toss and cook for three minutes.
4. Add stock (3 quarts), lentils (1 cup), and quinoa (½ cup).
5. Bring to a simmer over high heat. Cook until vegetables, lentils, and quinoa are tender.
6. Add zucchini (½ cup), peas (½ cup), and salt (2 tsp). Cook for three minutes.
7. Adjust salt as needed. Serve with a dollop of basil pesto.

## Basil Pesto

### Nutrition Facts

**Serving size 1** (1.4oz)

Amount Per Serving **40g**

**Calories** **128**

**% Daily Value**

**Total Fat** 12.4g **19%**

Saturated Fat 2.2g **11%**

**Cholesterol** 5mg **2%**

**Sodium** 405mg **17%**

**Total Carbohydrate** 3g **1%**

**Dietary Fiber** 0g **2%**

**Sugars** 0g

**Protein** 3g **6%**

Vitamin A **8%**

Vitamin C **6%**

Calcium **7%**

Iron **3%**

## Vegetable Soup with Lentils, Quinoa, and Basil Pesto

### Nutrition Facts

**Serving size 1** (20.6oz)

Amount Per Serving **585g**

**Calories** **307**

**% Daily Value**

**Total Fat** 10.8g **17%**

Saturated Fat 1.4g **21%**

**Cholesterol** 25mg **8%**

**Sodium** 1577mg **66%**

**Total Carbohydrate** 36g **12%**

**Dietary Fiber** 3g **12%**

**Sugars** 10g

**Protein** 17g **33%**

Vitamin A **46%**

Vitamin C **20%**

Calcium **5%**

Iron **15%**

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