

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%

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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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