



Veggie Quinoa Soup

MACROS | SERVING SIZE

Protein 20g | Fat 32g* | Carbs 53g

% CALORIES OF MACROS | SERVING SIZE

Calories 511 | Protein 20% | Fat 32% | Carbs 53%

NUTRIENTS | SERVING SIZE

Fiber 20g | Sodium 678mg | Sat. Fat 3g

INGREDIENTS (SERVES 4)

- | | |
|-----------------------------------------------------------------|----------------------------|
| 1 cup Quinoa | 1 tsp. ground black pepper |
| 1 14-15 oz. can low sodium kidney beans, drained | 1 tsp. garlic powder |
| 1 14-15 oz. can no added salt diced, stewed or crushed tomatoes | 2 tsp. chili powder |
| 32 oz. low sodium broth (vegetable, chicken, or beef) | 1 tsp. red pepper flakes |
| 10-12 oz. bag frozen mixed vegetables | ½ tsp. paprika |
| 2 tbsps. olive oil | 1 avocado |
| 1 large onion, diced | |

DIRECTIONS

In a large pot, cook quinoa according to package directions. Add the frozen vegetables and cover. Meanwhile in a large skillet heat oil over medium high heat, then sauté the onion and red pepper until tender, about 5 minutes.

Once the quinoa is cooked, add the remaining ingredients to the pot (less the avocado) along with the sautéed onions and pepper. Over medium heat, simmer for an additional 5 minutes until heated through and flavors blend. Stir occasionally.

Serve 1/4 of the soup in a bowl and top with 1/4 of the avocado.

TIPS:

For those desiring a vegan dish, use vegetable broth and consider adding tofu in step 2.

NOTES:

Nutritional analysis based on the average yield of kidney beans once can is drained.

DIETITIAN TIPS

The Dietary Guidelines for Americans encourage meeting protein needs by consuming a variety of food groups. Legumes are plant-based source of protein and are a good source of fiber.

Meeting nutritional needs means consuming adequate amounts of macronutrients (proteins, carbohydrates and fats) micronutrients (vitamins and minerals), fluid (water) and fiber. Ideally, intake also meets calorie needs to promote growth in infants and youth and maintain a healthy weight to optimal activity levels in adults. To many, this seems complicated, especially when it sounds all technical like above.

Americans have been nourishing themselves for hundreds of years. Long before the discovery of mitochondria, the organelle in our bodies that takes the food we eat and makes energy, or before the above nutrients and roles were known. And even with all the science that we know, building a healthy eating pattern is truly as simple as eating a variety of foods and making the majority of our diet fruits and vegetables. Further, although different countries eat different kinds of foods when it comes to preparation, spices and perhaps type of meats, dairy, fruits and vegetables, and grains, nutritious diets across the world look the same – Variety, lots of fruits and vegetables.

Protein is a macronutrient that seems to get attention from time to time with marketing and social influencers promoting a sense of lack in the diet. Gram for gram protein is, on average, the most expensive macronutrient in the grocery basket. This is because analysis of the American diet reveals that the large majority of our protein sources are animal based and most tend to excessively meet protein needs.

Animal products are a great source of protein, but over consumption can lead to excessive saturated fat intake, especially if medium or higher fat products are chosen. The great news about plant-based proteins is that the Dietary Guidelines for Americans promote them in meeting protein needs and, for the most part, they are a more economical choice.

On average, for healthy adults, let's start by aiming to have each of our meals provide 20-30 grams of protein and a snack that provides 7-10. Also, try aiming to have at least 2-3 meals a week be plant-based protein and hitting the 20-30 grams of protein/meal mark. Use a combination of grains, legumes, and vegetables to meet this goal. This meal is quick and uses pantry staples to show it can easily be done.

