

This protein-packed soup is an ideal dinner for busy days.

Slow Cooker Size/Shape: 3- to 4 1/2-quart round or oval

Slow Cooking Time: 6 to 8 hours on low, OR 2 to 3 hours on high

Nutrition Facts

Kale and Red Quinoa Soup

Calories 245 Per Serving

Protein 10g Per Serving

Fiber 10g Per Serving

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Calories	245
Total Fat	6.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	294 mg
Total Carbohydrate	40 g
Dietary Fiber	10 g
Sugars	6 g
Protein	10 g

Ingredients

Servings 4 **Serving Size** 1 1/2 cups per serving

- 1 14.5-ounce can no-salt-added **whole tomatoes**, undrained
- 1 14.5-ounce can no-salt-added **Great Northern beans**, rinsed and drained
- 4 cups coarsely chopped **kale** (1/2 of a 5-ounce bunch), any large stems discarded
- 2 cups fat-free **vegetable broth** (low-sodium)
- 1/2 cup red **quinoa**, rinsed and drained in a fine-mesh sieve
- 1 medium **carrot**, cut into 1/2-inch slices (about 1/2 cup)
- 1 medium rib of **celery**, cut into 1/2-inch slices (about 1/2 cup)
- 1/2 cup chopped **red onion**
- 1 tablespoon **olive oil**

- 2 medium minced **garlic cloves**
- 3/4 teaspoon **dried herbes de Provence** or **dried thyme**, crumbled
- 1/2 teaspoon crushed **red pepper flakes**
- 1/2 teaspoon smoked **paprika** (sweet or hot)
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**

Directions

1. Put all the ingredients in the slow cooker. Cook, covered, on low for 6 to 8 hours or on high for 2 to 3 hours, or until the vegetables and quinoa are tender.