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

View Full Nutritional Info

Nutrition Facts

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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 |

**Dietary Exchanges**  
2 starch, 2 vegetable, 1/2 lean meat

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.