



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

### RECIPE CUSTOMIZATION

To make it FODMAP friendly, use only the green part of the leek, reduce the quantity of the lentils to 1/2 cup, and omit the garlic in the pesto

### YIELD: 6 SERVINGS

Gluten-free

Dairy-free

### INGREDIENTS

- 2 Tbsp extra virgin olive oil
- ½ cup carrot, ¼ inch slices
- ½ cup turnips, ¼ inch slices
- ½ cup parsnips, ¼ inch slices
- 2 Tbsp italian seasoning, dry
- ½ cup leek, medium dice
- 1 cup napa cabbage, medium dice
- 3-quart chicken stock
- 1 cup green lentils
- ½ cup quinoa
- ½ cup zucchini, ¼ inch slices
- ½ cup peas, fresh or frozen
- 2 tsp salt, Kosher
- 1 cup basil pesto or vegan basil pesto (recipes on the next 2 pages)

### DIRECTIONS

1. Place extra virgin olive oil in a Dutch oven and heat over a medium flame. Add the carrots, turnips, and parsnips. Toss to coat with a soft spatula and cook for about 5 minutes.
2. Add Italian seasoning, leek and cabbage and toss while cooking for another 3 minutes.
3. Add chicken stock, lentils and quinoa and bring up to a simmer over a high heat. Cook until the vegetables, lentils and quinoa become tender, about 15 minutes.
4. Add Zucchini, peas and salt and cook for another 3 minutes.
5. Taste and adjust salt as needed. Serve with a dollop of basil pesto.

**Chef tip:** Make sure your carrots, turnips, and parsnips are cut to the same size, so they cook at the same rate.



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### NUTRITION FACTS

Serving size 1 (20.6oz)

Amount Per Serving	585g
<b>Calories</b>	<b>307</b>
	% Daily Value
<b>Total Fat</b> 10.8g	17%
<b>Saturated Fat</b> 1.4g	21%
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 1577mg	66%
<b>Total Carbohydrate</b> 36g	12%
<b>Dietary Fiber</b> 3g	12%
<b>Sugars</b> 10g	
<b>Protein</b> 17g	33%
<b>Vitamin A</b>	46%
<b>Vitamin C</b>	20%
<b>Calcium</b>	5%
<b>Iron</b>	15%

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