

Holiday Soup For The Soul

Yield: 9 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-holiday-soup-recipe>

Ingredients:

- 1 carrot large, peeled and chopped
- 1/2 cup red quinoa uncooked
- 1 tablespoon extra-virgin olive oil
- 1 sweet onion medium, finely chopped
- 1 zucchini medium, chopped
- 3 cloves garlic minced
- 1 vegetable bouillon cube not low sodium
- 6 cups water boiled
- 15 ounces diced tomatoes
- 2 cups black beans cooked, about one 15oz can
- 1 teaspoon curry powder good-quality
- 2 canela
- 1 pinch ground nutmeg
- 2 cups baby spinach leaves well rinsed and roughly chopped
- 1/2 teaspoon kosher salt to taste
- ground black pepper Freshly, to taste
- 1 pinch saffron threads optional, but tasted amazing

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 21 grams
3. Fat: 2 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. Sodium: 430 milligrams
7. Sugar: 4 grams

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