

# Vegan Red Kidney Bean Soup

Yield: 6 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/red-kidney-beans-soup-recipe-indian>

## Ingredients:

- 16 ounces red kidney beans rinsed and drained
- 1/2 yellow onion or red onion
- 2 garlic cloves
- 1/2 cup broth
- 1 tablespoon olive oil
- 1 red bell pepper sliced
- 1 chopped tomato
- 3 chopped carrots I like using multi-colored
- 1 sweet potato chopped, I leave my unpeeled, but you can peel yours if you prefer
- 3 tablespoons tomato paste or sauce
- 3 tablespoons white vinegar
- 1 teaspoon garlic powder each, + onion powder
- 1 teaspoon dried basil
- 1 teaspoon dried cilantro
- 1 teaspoon Himalayan salt or more to taste
- 1 dash black pepper and cayenne pepper to taste

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 16 grams
3. Fat: 3 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. Sodium: 170 milligrams
7. Sugar: 5 grams

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