

Quinoa, White Bean And Kale Stew

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-italian-potato-soup-recipe-with-marjoram>

Ingredients:

- 1 teaspoon olive oil
- 2 cups leeks thinly sliced, white and green parts
- 1 teaspoon salt
- 4 cloves garlic minced
- 1 carrot large, peeled, diced medium
- 1 parsnip large, peeled, diced medium
- 8 cups vegetable broth
- 1 1/2 pounds yukon gold potatoes diced medium
- 1 cup quinoa dry
- 15 ounces white beans drained and rinsed
- 1 bunch kale about a pound, rough stems removed, torn into bite sized pieces
- 1/2 teaspoon fennel seed crushed, see crushing fennel tip
- 1 teaspoon dried majoram
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- black pepper fresh, to taste

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 51 grams
3. Fat: 2.5 grams
4. Fiber: 10 grams
5. Protein: 12 grams
6. Sodium: 1280 milligrams
7. Sugar: 4 grams

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