



SPICY WEEKEND SOUP

QUICK INFORMATION

TIME



1 HR

SERVES



8

CALORIES



180

GLUTEN FREE



RECIPE

VEGAN



RECIPE

INGREDIENTS

- 1 medium onion
- 4 cloves garlic
- 2 Tbsp. olive oil
- 1 (14.5 oz. can) crushed tomatoes
- 1 tsp. ground cumin
- ¼ tsp. ground coriander
- ⅛ tsp. ground allspice
- Salt and pepper to taste
- 6 cups low sodium vegetable broth
- ¾ cup Lundberg Organic Sprouted Tri-Color Rice Blend
- 1 (15 oz. can) fava beans, rinsed and drained
- 1 medium zucchini, cubed
- Salt & pepper to taste
- Garnish with chopped fresh cilantro or parsley
- Top with a dollop of plain greek yogurt

PREPARATION

Finely mince onion and garlic in a food processor. Heat olive oil in a large saucepan over medium high heat and add onions & garlic. Cook until onions are soft and translucent, 3-5 minutes; stir in spices. Continue to cook for 5 more minutes until onions start to brown. Add crushed tomatoes, broth, rice, and fava beans; bring to a boil. Cover and reduce to simmer and cook 35 minutes. Stir in zucchini and cook 5 minutes longer or until squash is tender. Garnish with chopped cilantro. Serve in bowls with a dollop of plain Greek yogurt on top.

NUTRITIONAL FACTS

Serving Size: 1 cup

AMOUNT PER SERVING

Calories 180 Calories from Fat 40

Total Fat 4.5g
Saturated Fat .5g

Cholesterol 0mg

Sodium 450mg

Total Carbohydrates 29g
Fiber 6g
Sugar 5g

Protein 6g