

Recipe of the Month

Butternut Squash, Kale & Quinoa Soup



With the cold weather in abundance, January is the perfect month to celebrate and enjoy soup. Not only will this soup warm you up on a cold winter night, it is packed with nutrient rich ingredients that may support your weight loss efforts. The quinoa in this soup will boost satiety because of its high protein and fiber content. Fiber and protein both help you feel full from fewer calories, which is beneficial when you're trying to shed pounds. Butternut squash and kale are also great sources of fiber and are packed full with a wide variety of vitamins and minerals.

Serves 4

Ingredients:

- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 large onion, diced
- 2 cups cubed butternut squash
- 1 tablespoon of minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon cayenne powder (optional)
- ½ teaspoon paprika
- 1 tablespoon white wine vinegar
- 14 oz. can diced tomatoes
- 32 oz. vegetable broth, low sodium
- ½ cup dry quinoa (or 1.5 cups cooked quinoa)
- 2 cups chopped kale

Directions:

1. In a large pot, heat oil over medium heat. Add onions and stir until they become translucent. Add the butternut squash cubes and stir again.
2. Let the butternut squash cook for a few minutes, then stir in the garlic, cumin, coriander, cayenne, and paprika. Add the white wine vinegar to deglaze the bottom of the pan. Next stir in the tomatoes, broth and quinoa. Cover and simmer until the butternut squash is tender and the quinoa is cooked through, which is about 40 minutes.
3. When the soup is nearly done, add in the chopped kale. Stir and let it cook the kale cook for about 5 minutes or until wilted. Taste, and adjust seasonings.
4. Soup can be stored in the fridge for 4-5 days or freeze.

Nutritional information per ½ cup serving:

Calories: 226

Total Fat: 5 grams

Saturated Fat: 0.5 grams

Cholesterol: 0 milligrams

Protein: 9.5 grams

Total Carbohydrates: 35 grams

Dietary Fiber: 6 grams

Sodium: 290 milligrams

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