

# Eggplant & Collard Greens Quinoa Soup

6 SERVINGS 45 MINUTES



## INGREDIENTS

6 cups Vegetable Broth  
2 cups Diced Tomatoes (from the can, drained)  
1 Carrot (trimmed, chopped)  
1/2 Eggplant (chopped)  
2 cups Collard Greens (stems removed, chopped)  
1 cup Quinoa (rinsed)  
1 tsp Dried Thyme  
1 tsp Sea Salt

## DIRECTIONS

- 01 Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
- 02 Season with additional salt if needed.
- 03 Divide between bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	152	Carbs	27g
Fat	2g	Protein	6g