



Fruits

2 tbsps Lemon Juice

Seeds, Nuts & Spices

- 2 tsps Garlic Powder
- 2 tsps Italian Seasoning

Frozen

2 cups Frozen Edamame

Vegetables

- 3 cups Baby Spinach
- 4 cups Broccoli
- 1 Carrot
- 1 stalk Celery
- 2 Garlic
- 2 ozs Roasted Red Peppers
- 1 1/2 White Onion
- 1 Yellow Onion

Boxed & Canned

- 5 cups Canned Coconut Milk
- 1 cup Dry Red Lentils
- 1/2 cup Quinoa
- 5 cups Vegetable Broth, Low Sodium
- 3 cups White Navy Beans

Condiments & Oils

1 tbsps Avocado Oil

Other

6 1/4 cups Water



Italian White Bean Soup

4 servings
20 minutes

Ingredients

- 1/4 cup Water
- 1 White Onion (chopped)
- 1 stalk Celery (chopped)
- 1 Carrot (chopped)
- 2 tsps Italian Seasoning
- 2 tsps Garlic Powder
- 4 cups Water
- 2 cups Canned Coconut Milk
- 3 cups White Navy Beans
- 3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	432
Fat	22g
Carbs	45g
Fiber	16g
Sugar	4g
Protein	14g
Cholesterol	0mg
Sodium	69mg
Vitamin A	4703IU
Vitamin C	11mg
Calcium	139mg
Iron	4mg

Directions

- 1 In a large soup pan, bring the 1/4 cup water to a boil over medium-high heat. Add the onion, carrots and celery. Cook and stir for 7 to 8 minutes until the vegetables are softened.
- 2 Add the herbs and garlic powder to the pan. Cook and stir for 1 minute longer.
- 3 Add the 4 cups of water and 2 cups of canned coconut milk and all but 1 cup of the beans. Mash the reserved cup of beans and add to the soup.
- 4 Bring the soup to a boil. Reduce heat and simmer, uncovered, for 15 to 20 minutes. Add the spinach leaves and stir for 1 to 2 minutes until wilted. Taste the soup and adjust the seasonings, as desired. Serve!



Edamame Broccoli Soup

4 servings
30 minutes

Ingredients

4 cups Broccoli (cut into florets)
2 cups Frozen Edamame (thawed)
1/2 White Onion (chopped)
2 Garlic (clove)
2 cups Vegetable Broth, Low Sodium
2 cups Canned Coconut Milk
2 tbsps Lemon Juice

Nutrition

Amount per serving	
Calories	351
Fat	26g
Carbs	19g
Fiber	7g
Sugar	7g
Protein	14g
Cholesterol	0mg
Sodium	121mg
Vitamin A	799IU
Vitamin C	92mg
Calcium	103mg
Iron	2mg

Directions

- 1 In a small pot, add broccoli, edamame, onion, garlic, broth and coconut milk. Bring to a boil. Turn down the heat to simmer, cover the pot with a lid, and let simmer for about 25 minutes or until everything is cooked.
- 2 Remove the pot from the heat and add lemon juice.
- 3 Use an immersion blender and blend the soup until it is smooth. Divide between serving plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add parmesan or pecorino.

Make it Spicy: Add chili flakes.



Quinoa, Red Lentil & Roasted Red Pepper Soup

4 servings
20 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1/2 cup Quinoa
- 1 cup Dry Red Lentils
- 2 ozs Roasted Red Peppers (diced)
- 3 cups Vegetable Broth, Low Sodium
- 1 cup Canned Coconut Milk
- 2 cups Water

Nutrition

Amount per serving	
Calories	426
Fat	16g
Carbs	54g
Fiber	9g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	143mg
Vitamin A	192IU
Vitamin C	6mg
Calcium	45mg
Iron	6mg

Directions

- 1 Heat the avocado oil in a pot. Add chopped onion. Sauté 3-4 minutes until softened.
- 2 Add lentils and quinoa. Stir for 30 seconds.
- 3 Pour in water, low-sodium broth and coconut milk. Bring to a boil. Reduce heat and simmer ~15-18 minutes, until lentils and quinoa are soft.
- 4 Add roasted red peppers to the pot and stir. Adjust flavours as desired.