

# Quinoa & Lentil Cabbage Roll Soup

★★★★★  
5 from 6 votes

## Prep Time

10 mins

## Cook Time

50 mins

## Total Time

1 hr

A hearty mix of quinoa and lentils are simmered in savory tomato broth with tender cabbage to make this easy and healthy vegan soup.

Course: Soup

Cuisine: American

Servings: 6

Calories: 274 kcal

Author: Alissa

## Ingredients

- 1 tablespoon olive oil
- 1 large onion, diced
- 6 cups sliced cabbage, about 1 small head
- 3 garlic cloves, minced
- 8 cups vegetable broth
- 3/4 cup dried brown lentils
- 1/2 cup uncooked quinoa
- 2 14 ounce cans diced tomatoes in juice
- 2 tablespoon soy sauce or tamari
- 1 tablespoon red wine vinegar
- 1 tablespoon smoked paprika
- 1 teaspoon [liquid smoke](#)
- Salt and pepper to taste
- Fresh parsley, for serving, optional



## Instructions

1. Coat the bottom of a large pot with oil and place it over medium heat. When the oil is hot, add the onion and sauté until it begins to soften, about 5 minutes. Add the cabbage and continue to cook for about 5 minutes more, just until the cabbage begins to soften. Add the garlic and sauté until very fragrant, about 1 minute more.
2. Stir in the broth and lentils. Raise heat to high and bring to a boil. Lower the heat and allow to simmer for 20 minutes.
3. Stir in the quinoa, tomatoes, soy sauce, red wine vinegar, smoked paprika, and liquid smoke. Continue simmering until the quinoa and lentils are fully cooked, about 20 minutes more.
4. Remove from heat and season with salt and pepper to taste. Adjust any other seasonings to your liking.
5. Ladle into bowls and sprinkle with parsley. Serve.

## Nutrition Facts

Quinoa & Lentil Cabbage Roll Soup

### Amount Per Serving

**Calories** 274                      Calories from Fat 50

**% Daily Value\***

**Total Fat** 5.5g                      **8%**

Saturated Fat 1g                      **5%**

**Sodium** 1618mg                      **67%**

**Potassium** 800mg                      **23%**

**Total Carbohydrates** 39.6g                      **13%**

Dietary Fiber 13.4g                      **54%**

Sugars 9.5g

**Protein** 17.7g                      **35%**

Calcium                      8%

Iron                      25%

\* Percent Daily Values are based on a 2000 calorie diet.