

Fat-Busting Vegetarian Collard Greens Soup

[Eat Healthy Eat Happy](#)

Yields 14 cups

This vegetarian collard greens soup will keep you full, satisfied and feeling great. Awesome for losing weight!

10 min

Prep Time

1 hr

Cook Time

1 hr, 10

Total Time

Ingredients

- 1 Tbs olive oil
- 2 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp cumin
- pinch red pepper flakes
- 1 onion, chopped
- 3 large carrots, sliced
- 3 stalks celery, chopped
- 10 cups water
- 15 oz. can no-salt-added diced tomatoes
- 6 oz. can no-salt-added tomato paste
- 2 Tbs lower sodium tamari or soy sauce
- 2 Tbs lemon juice
- 1 Tbs salt-free herb seasoning (I like Mrs. Dash)
- 1 Tbs sugar/sweetener, your choice (see recipe notes)
- 1 tsp roasted garlic granules or garlic powder
- 1/2 tsp salt
- fresh black pepper to taste
- 1 cup dried lentils
- 6 cups packed collard greens, stems removed
- 1/4 cup uncooked quinoa

[Get Ingredients](#)

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Instructions

- Prep the veggies and greens.
- Add the oil to a large, lidded cooking pot.
- Add the paprika, chili powder, cumin and red pepper flakes.
- Raise the heat to medium.
- Add the onion, carrots and celery. Saute about 10 minutes.
- Add the water, tomatoes, paste, tamari or soy sauce, lemon juice, herb seasoning, sweetener, garlic granules, salt, pepper and lentils. Stir to combine.
- Stir in the collard greens.
- Raise the heat to medium high. Bring to a boil.
- Cover and turn the heat down to a simmer.

Simmer for 30 minutes, stirring occasionally.
Stir in the quinoa.
Simmer another 15-20 minutes.

Recipe Type: Vegan, Clean Eating, Gluten Free

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