

Protein Vegetable Soup



This hearty and satisfying soup is perfect for lunch. Say goodbye to soups that leave you hungry—this recipe ensures a quick and nutritionally complete meal. It's also versatile: use whatever vegetables you have on hand! Double the portion for a complete meal or pair it with whole-grain crackers and light cheese.

Preparation 10 min

Cooking 35 min

Servings 8

Nutrition Facts (per serving)

Calories 150

Fat 2

Carbohydrates 21

Fibre 5

Protein 11

Sodium 600

Ingredients

- 7.5 ml (½ tbsp) olive oil
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 3 carrots, diced
- 2 bell peppers, diced

- 250 ml (1 cup) 2% milk
- 1 can (540 ml) white beans, rinsed and drained
- ½ container (250 g) cottage cheese, 2%
- 60 ml (¼ cup) nutritional yeast
- Salt and pepper, to taste

Preparation

1. In a large pot, heat the olive oil over medium heat. Sauté the onion and garlic until lightly golden. Add the carrots and bell peppers, cooking for 3–5 minutes while stirring occasionally.
2. Add the broth, cover, and simmer for 20–25 minutes, until the carrots are tender.
3. Add the remaining ingredients and cook for another 5 minutes.
4. Blend the soup using an immersion blender directly in the pot or transfer it to a countertop blender in batches to avoid splashes.

Notes

Keeps for up to 3 days in an airtight container in the refrigerator or up to 3 months in the freezer.

For a vegan option, replace the chicken broth with vegetable broth, the milk with unsweetened plant-based milk, and the cottage cheese with 300 g of soft tofu.



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