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## Harvest Grain Vegetarian Soup ♦♦

Harvest Grain Vegetarian Soup is a hearty and nutritious soup made with a variety of grains and vegetables. It is a perfect dish for colder months and can be enjoyed as a main course or a side dish. The soup is packed with flavors and textures, making it a satisfying and comforting meal.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 6

**Serving Size:** 166 g

### Ingredients

|       |              |
|-------|--------------|
| 100 g | pearl barley |
| 100 g | Quinoa       |
| 100 g | Wild Rice    |
| 100 g | Lentils      |
| 150 g | Carrots      |

|         |                 |
|---------|-----------------|
| 100 g   | celery          |
| 100 g   | onion           |
| 10 g    | garlic          |
| 1000 ml | vegetable broth |
| 200 g   | Tomatoes        |
| 100 g   | spinach         |
| 30 ml   | olive oil       |
| 5 g     | Salt            |
| 2 g     | Black pepper    |
| 10 g    | Parsley         |

## Directions

### Step 1

#### Preparation

Rinse the pearl barley, quinoa, wild rice, and lentils under cold water.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Cutting

Chop the carrots, celery, onion, and garlic.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Sautéing

In a large pot, heat olive oil over medium heat. Add the chopped vegetables and cook until softened, about 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 4

Boiling

Add the rinsed grains, lentils, vegetable broth, and tomatoes to the pot. Bring to a boil, then reduce heat and simmer for 30 minutes, or until the grains and lentils are cooked.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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### Step 5

Cooking

Stir in the spinach and cook for an additional 5 minutes, or until wilted.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Serving

Season with salt and black pepper to taste. Serve hot, garnished with fresh parsley.

Prep Time: 0 mins

Cook Time: 0 mins

## Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 45 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 10 g  | 58.82%                 | 58.82%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 45 g  | 81.82%                 | 90%                      |
| Fibers        | 10 g  | 26.32%                 | 40%                      |
| Sugars        | 5 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g   | N/A                    | N/A                      |
| Saturated Fat       | 0 g   | 0%                     | 0%                       |
| Fat                 | 5 g   | 17.86%                 | 20%                      |
| Cholesterol         | 0 mg  | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value   | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|---------|------------------------|--------------------------|
| Vitamin A   | 5000 iu | 555.56%                | 714.29%                  |
| Vitamin C   | 30 mg   | 33.33%                 | 40%                      |
| Vitamin B6  | 1 mg    | 76.92%                 | 76.92%                   |
| Vitamin B12 | 0 mcg   | 0%                     | 0%                       |
| Vitamin E   | 3 mg    | 20%                    | 20%                      |

| Nutrient  | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin D | 0 mcg | 0%                     | 0%                       |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 800 mg | 34.78%                 | 34.78%                   |
| Calcium   | 100 mg | 10%                    | 10%                      |
| Iron      | 4 mg   | 50%                    | 22.22%                   |
| Potassium | 500 mg | 14.71%                 | 19.23%                   |
| Zinc      | 1 mg   | 9.09%                  | 12.5%                    |
| Selenium  | 10 mcg | 18.18%                 | 18.18%                   |

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Thanksgiving Picnic

### Cuisines

Italian French Thai Mediterranean Middle Eastern

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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