

Recipe: Vegetable Quinoa Soup



INGREDIENTS

- 3 TB olive oil
- 1 medium white onion, chopped
- 3 large carrots, chopped
- 2 celery stalks, chopped
- 2 small zucchinis (I like one yellow, one green)
- 1 cup of butternut squash, chopped
- 6 garlic cloves, minced
- 1/2 tsp dried thyme
- 1 large can (28 oz.) diced tomatoes
- 3/4 cup of quinoa, rinsed well
- 4 cups (32 oz.) vegetable broth
- 2 cups water
- 1 tsp salt
- 2 bay leaves
- Pinch of red pepper flakes
- Ground pepper
- 1 can (15 oz.) great northern beans, rinsed and drained
- 1 cup fresh kale, chopped
- 1 lemon, juiced

DIRECTIONS

- Heat olive oil to a large pan or dutch oven over medium-high heat. Add onion, carrot, celery, zucchini, butternut squash, and a pinch of salt and cook, stirring occasionally until the onion is translucent (6ish minutes).
- Add the garlic and thyme and cook, stirring for 30 seconds or so, until fragrant. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
- Pour in the quinoa, broth and the water. Add 1 tsp salt, 2 bay leaves and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.
- Cook for 25 minutes, then remove the lid and add the beans and the chopped greens. Continue simmering for 5 minutes or more, until the greens have softened to your liking.
- Remove the pot from heat, then remove the bay leaves. Stir in 1 teaspoon lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing.
- Enjoy!