

Garden Vegetable Quinoa Soup

INGREDIENTS

- 1 Tbsp olive oil
- 1 yellow onion
- 4 cloves garlic
- 3 carrots
- 3 ribs celery
- 1 15oz. can kidney beans
- 1 15oz. can fire roasted diced tomatoes
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp smoked paprika
- Freshly cracked black pepper
- 1 cup quinoa, uncooked
- 4 cups vegetable broth*
- 2 cups water
- ¼lb. frozen spinach



INSTRUCTIONS

- Mince the garlic and dice the onion. Add the olive oil, garlic, and onion to large pot and saute over medium-low heat until the onions are soft and transparent.
- While the garlic and onion are cooking, wash and peel the carrots, then slice into 1/4-inch thick rounds. Wash the celery and slice into 1/4-inch pieces. Add the carrots and celery to the pot and continue to saute until they just begin to soften (about 5 minutes).
- While the carrots and celery are cooking, rinse the quinoa well with cool running water in a wire mesh sleeve. Drain and rinse the kidney beans. Add the quinoa, kidney beans, diced tomatoes, basil, oregano, smoked paprika, and some freshly cracked pepper (about 20 cranks of pepper mill) to pot.
 - Add the vegetable broth and water to the pot, place a lid on top, and turn the heat up to medium-high. Allow the pot to come to a boil, then turn the heat down to low and let simmer for 25 minutes (make sure it's simmering the entire time, turning up heat slightly if it stops.)
 - After simmering for 25 minutes, the quinoa should be slightly translucent and tender. If not, let simmer a few minutes longer. Stir in ¼lb. of frozen spinach until heated through. Taste the soup and add salt or adjust the seasonings if desired. Serve hot.



Notes:

*Can substitute low sodium broth or use a bouillon to make broth.