

**Hearty Quinoa Vegetable Soup**  
(Makes approximately 3 quarts)

**Culinary supplies needed:**

- Large Dutch oven (e.g., 5 ½ quart) or soup pot
- Wooden spoon
- Glass bowls: medium and small
- Strainer
- **Very fine mesh colander**
- Small container for Parmesan cheese, if using
- 2 quart sized containers (for delivery)

**Soup ingredients:**

3	Tablespoons extra virgin olive oil
1	Medium yellow onion, chopped
3	Carrots peeled and chopped
2	Celery stalks chopped
1-2 cups	Chopped seasonal (spring) vegetables such as zucchini, yellow squash, red pepper, etc.
6	Garlic cloves, minced
1/2 tsp	Dried thyme
1 large can (28 oz)	Diced tomatoes
1 cup	Quinoa rinsed well in a fine mesh colander. If you want a lighter more brothy soup use less quinoa.
4 cups	Vegetable broth
2 cups	Water
1 tsp (min)	Salt and more to taste
2	Dried bay leaves
1	Pinch red pepper flakes
	Freshly ground black pepper
1 can (15 oz)	Great northern beans or chickpeas, rinsed and drained
1 cup	Chopped fresh kale; tough ribs removed
1-2 tsp	Fresh lemon juice
Optional add	Freshly grated Parmesan cheese

**Prep the following ingredients before the Zoom session:**

1. Finely chop the zucchini, yellow squash and red pepper and put in medium size bowl.
2. Rinse the quinoa with cold water in the *very fine meshed* colander so the quinoa doesn't come out. Leave in colander until ready to use.
3. Rinse and drain the canned beans.

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Directions:

1. Warm the olive oil in a large Dutch oven or soup pot over medium heat. Once the oil is shimmering add the chopped onion, carrot, celery and seasonal vegetables and a pinch of salt. Cook, stirring often, until the onion has softened and is turning translucent – approximately 8 minutes.
2. Add the garlic and thyme. Cook until fragrant while stirring frequently for about 1 minute. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
3. Pour in the quinoa, broth and water and then add 1 teaspoon salt, 2 bay leaves and a pinch of red pepper flakes. Season generously with the ground pepper. Raise heat and bring the mixture to a boil then partially cover the pot and reduce heat to maintain a gentle simmer.
4. Cook for 30 minutes and then remove the lid to add the beans and the chopped greens. Let it continue simmering for 5 minutes or more until the greens have softened to the way you like it.
5. Remove the pot from the heat and then remove the bay leaves. Stir in 1 teaspoon of lemon juice. Taste and season with more salt pepper or lemon juice, if needed.
6. Given some people may not want the Parmesan cheese please put it in a separate container for delivery.
7. Let the soup cool and place it in the containers.