

Quinoa Spinach Soup

simple
healthy
delicious

Ingredients

- 1 cup water
- ½ cup Nature's Earthly Choice™ Quinoa
- 4 cups vegetable broth
- ½ chopped onion
- ½ diced carrot
- Salt and pepper to taste.
- 2 cups spinach, washed and chopped coarsely

Serving for: 4-5



Directions

1. *Rinse Quinoa before cooking to remove the coating of a bitter substance called saponins.*
2. *Bring water to a boil.*
3. *Stir in Quinoa, cover, reduce heat and simmer for 10 minutes.*
4. *Add broth, onion and carrot*
5. *Simmer for 15 minutes.*
6. *Stir in spinach, allow to wilt in soup*
7. *Salt and pepper to taste*