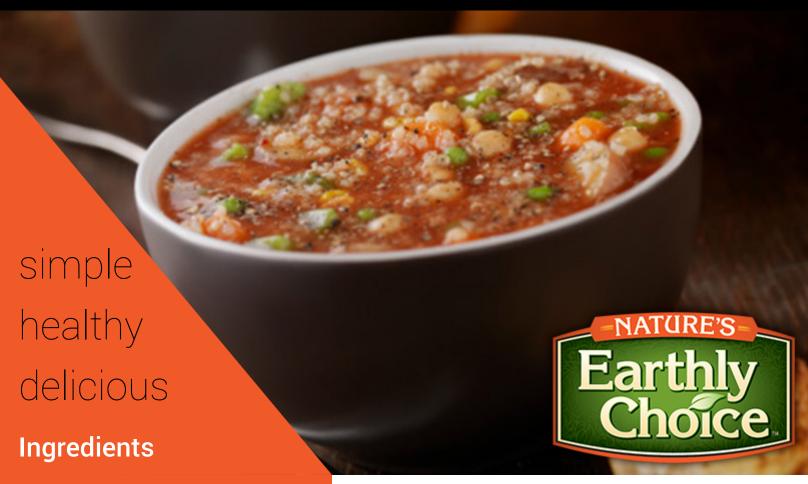
Quinoa Spinach Soup



- 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