

Quinoa Vegetable Soup



simple
healthy
delicious



Ingredients

- 1 tablespoon vegetable oil
- $\frac{2}{3}$ cup Nature's Earthly Choice™ Quinoa
- 1 carrot, diced
- 1 stalk celery, diced
- $\frac{1}{2}$ onion, finely chopped
- 3 $\frac{1}{2}$ cups water
- 2 cloves garlic, crushed
- 2 (15 ounce) cans chicken broth
- 2 large tomatoes, finely chopped
- $\frac{1}{4}$ head cabbage, chopped
- $\frac{1}{4}$ cup chopped fresh parsley, for garnish
- Salt and pepper to taste
- $\frac{1}{2}$ green bell pepper, seeded and chopped

Directions

1. Heat the vegetable oil in a large pot on medium-high heat. Stir in the Quinoa, carrot, celery, onion, bell pepper, and garlic. Cook for a few minutes, until lightly browned, stirring frequently.
2. Pour in the chicken broth, water, tomatoes, and cabbage. Increase heat to high and bring to a boil. Reduce heat to medium and simmer until the Quinoa and vegetables are tender, about 10 minutes. Season to taste with salt and pepper. Garnish with parsley before serving.