

Healthy Harvest Quinoa Soup

Sara's Kitchen

2 Tbsp olive oil
1 onion
2 cloves or scapes garlic (optional)
2 tsp dry basil or 2 Tbsp fresh
1 tsp cumin
½ tsp salt
3 cups diced vegetables
4 cups vegetable broth
½ cup wine (optional)
2 cups diced tomatoes canned or fresh
½ cup quinoa
3 cups chopped greens
2 cups cooked beans
salt & pepper to taste

- The ingredients are intentionally vague. Use whatever vegetables, greens and beans you have on hand.
- Heat oil in a large sauce pot.
- Saute onions over medium-high heat until soft – about 5 minutes.
- Add garlic, basil, cumin and salt and stir for 30 seconds.
- Add diced vegetables and saute for 2 minutes.
- Add broth and optional wine and bring to a boil.
- Reduce heat and simmer for 5 minutes.
- Add quinoa and simmer for 10 minutes.
- Add chopped greens and beans and simmer for 5 minutes.
- Remove from heat and let sit for 5 minutes to allow quinoa to finish cooking.
- Salt and pepper to taste.



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