

## KALE & QUINOA MINISTRONE SOUP RECIPE

Prep Time: 20 min, Total Time: 40 min, Serves 6–8

Recipe by Elizabeth Rider

### Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 small yellow or white onion, chopped
- 2 large carrots, chopped
- 2 ribs (preferably with the leaves) of celery, chopped small
- 1 large bay leaf
- 1 teaspoon dried basil (or 1–2 tablespoons fresh, finely chopped)
- 1/2 teaspoon dried oregano
- 3 cloves garlic, finely chopped or pressed
- 1 28 ounce can of crushed or diced tomatoes (including juices)
- 1 can garbanzo beans (aka chickpeas), drained and rinsed
- 8–10 cups vegetable broth
- 1 teaspoon red wine vinegar
- 1 bunch kale, stemmed and chopped into about 1 inch pieces
- 1/2 cup of dried quinoa, prepared according to package instructions\*
- fine sea salt
- fresh ground black pepper

### Recipe:

Heat the olive oil in a large soup pot over medium high heat. Add the onions, carrots, celery, bay leaf, a large pinch of sea salt and pinch of black pepper and sauté 5–6 minutes until the veggies are soft. Add the garlic, dried basil, and oregano and continue to sauté for another 2–3 minutes until very fragrant. (If using fresh basil, wait to add until you add the kale.) Garlic burns easily, so watch it carefully or reduce the heat until you add the liquid. Add the tomatoes with their juices and cook another minute. Then, add the beans, stock, 2 cups of purified water and a veggie bouillon cube if using; turn the heat to high to let it come to a boil for one minute. Reduce the heat to medium low, then add 1 teaspoon of red wine vinegar plus all of the cooked quinoa and chopped raw kale. Cook 5 minutes then turn off the heat. Allow the kale to wilt for another 10 minutes. Discard the bay leaves.

\*Quinoa is easy to prepare. I like to rinse mine in a fine mesh colander before cooking it. Add double the amount of water to the quinoa you are cooking (1/2 cup dry quinoa needs 1 cup water). Combine the quinoa and water in a small pot, bring to a boil, then simmer 12–15 minutes until all of the water is absorbed. I like to add 1 no-salt-added veggie bouillon cube to the boiling water, too, to add extra flavor.

