



Simple | Healthy | Delicious

Quinoa Spinach Soup

INGREDIENTS

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



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