



Simple | Healthy | Delicious

## Quinoa Vegetable Soup

### INGREDIENTS

1 tablespoon vegetable oil
2/3 cup Nature's Earthly Choice Quinoa
1 carrot, diced
1 stalk celery, diced
1/2 onion, finely chopped
3 1/2 cups water
2 cloves garlic, crushed
2 (15 ounce) cans chicken broth
2 large tomatoes, finely chopped
1/4 head cabbage, chopped
1/4 cup chopped fresh parsley, for garnish
Salt and pepper to taste
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.