

Minestrone with Kale and Quinoa

Prep time: 15 minutes

Total time: 60 minutes

Yield: 8 servings

Ingredients:

2 tablespoons olive oil or grapeseed oil

1 large yellow onion, diced

3 cloves garlic, minced

3 medium carrots, diced

2 stalks celery, diced

1 medium zucchini, diced

1 bell pepper, diced

2 cups green beans, cut into 1 inch pieces

1 (28 ounce) can crushed tomatoes

2 (32 ounce) cartons vegetable broth

2 tablespoons dried parsley

1 teaspoon dried rosemary, crushed

1 teaspoon dried thyme

½ teaspoon black pepper

¾ cup dry quinoa, rinsed (or millet)

2 (15 oz) cans cannellini or great northern beans, drained and rinsed or 2 cups (1#) dried beans, cooked

2 cups kale, chopped

1 tablespoon lemon juice

Salt and pepper, to taste



Directions:

1. In a large soup pot, heat oil over medium heat. Add onion, garlic, carrots, and celery and saute for about 5 minutes.
2. Add zucchini, bell pepper, and green beans and continue to saute for about 2 more minutes.
3. Add crushed tomatoes, vegetable broth, herbs, and pepper. Bring to a boil, then reduce heat and simmer uncovered for about 15 minutes.
4. Add quinoa, stir, then continue to simmer for about 15 minutes, covered.
5. Add beans, kale, and lemon juice and cook for about 5 more minutes. Season with additional salt and pepper, to taste.
6. Serve hot and enjoy!

Notes:

- This recipe is also excellent with millet instead of the quinoa. If using millet, add millet at step 3 and cook uncovered for 15 minutes then covered for 15 minutes as in step 4.



Plant-Based Eating:

Vegan and Gluten Free Cooking Demo

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Nutrition Information:

Recipe serves 8. Per serving: 239 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 727mg sodium, 41g total carbohydrates, 11g fiber, 11g protein, 109% DV Vitamin A, 64% Vitamin C, 14% DV calcium, 21% iron.

Recipe adapted from: <http://www.cookingclassy.com/kale-quinoa-minestrone-vegan-gluten-free/>

