

# Vegetable Quinoa Soup

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 3 tbsp extra-virgin olive oil
- Half an onion, finely chopped
- 1-2 garlic cloves, finely chopped
- 1 tbsp dried Italian seasoning
- 3 celery stalks, chopped
- 2 large carrots, chopped
- 6-7 cups of veggie or chicken stock
- 1 can (796mL) diced tomatoes
- 1 zucchini, chopped
- 1 cup water
- 1/2 cup quinoa
- 1-2 cups broccoli, chopped\*
- Handful fresh herbs, chopped (thyme, rosemary, parsley, oregano)

## Instructions:

1. In a large soup pot, heat olive oil to medium. Add onions and garlic. Sauté for a few minutes. Add dried Italian seasoning and sauté a few more minutes.
2. Add celery and carrots, sauté for 5 more minutes. Next add soup stock. Let cook for 5 more minutes.
3. Now add canned tomatoes and zucchini.
4. Add 1 cup of water and quinoa. Cover soup pot with a lid and reduce temp to low. Cook until quinoa is fully cooked, about 15 minutes.
5. Add broccoli and fresh herbs and serve. Broccoli only takes a few minutes to cook which is why it should be added last. Enjoy with a Savoury Sweet Potato Biscuit!
6. Store in fridge for up to 5 days or in the freezer for up to 3 months.

## Notes:

Serves 6 generously. \*I used frozen broccoli which you can let thaw or just toss it in frozen and it will be thawed in a few minutes.