

Minestrone Soup with Quinoa

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Yield: Serves 8 to 10 people

Ingredients

- 1 yellow onion, chopped
- 2 carrots, peeled and chopped
- 3 stalks celery, chopped
- 2 red potatoes, chopped
- 6 cloves garlic, minced
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ½ teaspoon ground sage
- 2 14.5-ounce cans Diced Tomatoes
- 6 cups low sodium vegetable broth
- ½ cup dry quinoa
- 1 14-ounce can kidney beans, drained and rinsed
- 1 14-ounce can cannellini beans, drained and rinsed
- 1 14.5-ounce can Cut Green Beans, drained
- ½ teaspoon salt or to taste

Instructions

1. In a large stock pot add the chopped onion and sauté on medium heat until fragrant and softened, about 3 minutes.
2. Add the carrots, celery, and red potatoes. Continue sautéing, stirring frequently, until vegetables have softened, but are still al dente, about 8 minutes.
3. Add the garlic and spices and sauté another 1 minutes.
4. Add the diced tomatoes, chicken broth, quinoa, and parmesan cheese rind. Bring the soup to a full boil, and then reduce the heat to a simmer. Cover the pot and cook for 30 minutes or until vegetables are cooked through and quinoa is cooked.
5. Add the 3 types of beans and cook an additional 8 minutes.
6. Test the soup for flavor and add desired amount of salt.