



Quinoa Bean Vegetable Soup

Adapted from *The New York Times*

Serves 6-8 easily

Ingredients

- 3 Tbsp olive oil
- 2 medium yellow onions, chopped ¼ inch
- 3 large carrots, peeled and chopped ¼ inch
- 2 stalks celery, trimmed and finely sliced ¼ inch
- 2 very small, peeled new potatoes (1 inch in diameter), peel and cut into 6 pieces each
- 1 can (14 1/2 ounces) cannellini or other white beans, drained OR 1½ cups drained beans that you have freshly made (pinto or garbanzo beans worked great)
- 3 cloves garlic, finely chopped by hand
- 1 can (14 1/2 ounces) chopped tomatoes, with their juices
- ¾ cup ditalini pasta or orzo pasta, uncooked
- 8 cups vegetable stock (I use bean juice + water to = 8 cups, or you could add a little Better Than Bouillion to water)
- ½ cup raw quinoa, rinsed first
- ⅓ cup chopped fresh parsley
- ½ cup cut green beans (1-inch pieces) or corn kernels
- 2 bay leaves
- Sea salt and ground black pepper
- Juice of ½ medium sized lime (if desired)

Instructions

Heat oil in a large, heavy-bottomed saucepan over medium heat. Add onions, carrots, and celery, and sauté until barely tender, about 5 minutes. Add beans and garlic and stir for 2 minutes.

Stir in tomatoes and their juices, and vegetable stock. Simmer for 20 minutes.

Add quinoa, parsley, frozen or fresh green beans, any other herbs you love, and bay leaf. Cover and simmer until quinoa is cooked, 12 to 15 minutes. When 9 minutes remain of your cooking time, add the dry ditalini or orzo.

Season with salt and pepper to taste. Remove bay leaves, taste and add the lime juice if you want to brighten the flavor and serve.

The stew gets much thicker if you make it the day before, which I like better. Serve with a simple butter lettuce salad and some rustic, grainy bread and you have yourself a meal! If you don't want such a thick soup, boil the ditalini pasta separately and add it right before reheating. You could also substitute cooked brown rice for the cooked pasta.