



Alaska Harvest Quinoa Soup

5 tablespoons olive oil	2 cup cooked quinoa
2 medium onion, diced	8 cups vegetable broth
6 carrots, diced	4 cups water
4 celery stalks, sliced	2 teaspoon salt
4 cups zucchini, chopped	1 teaspoon red pepper flakes
2 cup broccoli florets, cut small	2 teaspoon black pepper
8 garlic cloves, minced (season to preference)	2 can great northern beans
1 teaspoon thyme	2 cup kale, chopped
4 teaspoons Italian seasoning	2 teaspoon lemon juice
2 can (28 oz.) diced tomatoes, drained	Freshly grated parmesan cheese (optional)

Heat oil in soup pot. Add onion, garlic, carrot, celery, broccoli and a pinch of salt. Cook, stirring often, until onions are soft – about 6-8 minutes.

Add in seasonings, broth, and tomatoes. Cook for 25 minutes.

Add in beans, quinoa, and greens. Cook for an additional 10 minutes or until greens have softened.

Add lemon juice and any additional seasonings if needed.

Serve in bowls with a sprinkle of parmesan cheese.

Serves 8-12

Serving 1 cup