

Humble Lentil Vegetable Soup

(It's not really so humble when you count up all the vitamins in it!)

Ingredients:

1 large onion, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
4 large carrots, diced
2 small zucchini, diced
2 Tbsp. chopped or minced garlic
1 cup cooked French lentils
1 quart chicken stock
1 – 28 oz. can diced tomatoes
Handful or two of washed and chopped baby spinach
A few tablespoons olive oil for sautéing
½ cup quinoa, cooked

Place about 3 Tbsps olive oil in a large pot.

Over a medium flame, gently sauté the onions, peppers, carrots, zucchini and garlic for about 5 minutes until a bit tender. Stir them as they sauté.

Add the quart of chicken stock and let the vegetables gently cook for about an hour over medium low flame. You'll want to see a nice, easy simmer, not a rolling boil.

Add the cooked lentils and quinoa. Gently stir everything and simmer a bit longer, say 20 minutes to let the flavors combine.

Add a teaspoon of salt and taste the soup. You can add more if you like but add in tiny amounts at a time. It's always easier to add more than to try to repair a salty soup!

How to cook Quinoa:

1. Rinse 1 cup quinoa in a fine mesh sieve until water runs clear; drain and transfer to a medium pot.

2. Add 2 cups water and a pinch of salt. Bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed (approx. 15-20 minutes). Set aside off of the heat for 5 minutes. Uncover and fluff with a fork.

Ratio: 1 cup uncooked quinoa to 2 cups liquid.