

Easy Early Spring Soup Recipe



When far too many people start to get dinner ready, they turn to grains as inexpensive, filling, and (they think) “healthy” meal options. But on Thursday, I’ll tell you why you need to steer clear of grains as much as possible (and the one grain you should NEVER eat).

The recipe I’ve got for you today is an easy and delicious alternative. It’s low in acid and high in nutrients.

Yes, it includes quinoa, which many people think of as a grain, but it’s actually a seed and SO much better for you than grains. It also includes chickpeas, avocado, squash, and yummy Mexican-inspired seasoning for a tasty dinner I know you’re going to love.

Give it a try and let me know what you think over on [Facebook](#).

EASY EARLY SPRING SOUP

Ingredients [Serves 4]

8 cups vegetable broth (make sure it’s yeast and sugar-free) or water
2 cups quinoa
2 cans of garbanzo beans
1 heaping tsp. chipotle seasoning (or any Mexican spice)
2 Hass avocados, diced
1 summer squash, chopped
1 zucchini, chopped
1 small handful cilantro, chopped
2 green onions, chopped
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
Black pepper to taste
Lime wedges for garnish
Optional: Dash of cayenne pepper



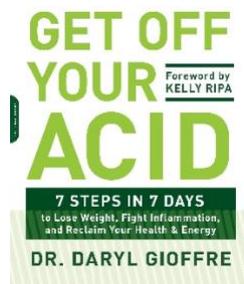
Directions

Cook quinoa by combining 4 cups of water or vegetable broth with 2 cups of quinoa in a pot over high heat (or rice cooker). When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 30 minutes.

Heat the remaining 4 cups of vegetable broth or water in a pot over medium heat. Add

the cooked quinoa, garbanzo beans, and chipotle spice and heat through for 10 minutes. Add zucchini and squash and cook for 5 more minutes.

Ladle into bowls and top with cilantro, green onions, and avocado.



There are lots more delicious soup recipes in my best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy.*](#)

In fact, you'll find more than 50 recipes in addition to all of the information about your alkaline health.

Here's what beauty expert Bobbi Brown had to say about it...

"Get Off Your Acid has changed my life and I've never had more energy! If you're looking for a total health transformation, this is it!"

- Bobbi Brown, Makeup Guru, Author,
Founder of Bobbi Brown Cosmetics

