

Peruvian Quinoa Soup FIT

FUNCTIONAL FOODS

Serving size: 8 fl oz

- 1 TSBP Olive Oil
- 1 cup Yellow Onion, diced
- 1 ¾ cup Celery, diced
- 1 ¾ cup Carrot, diced
- 1 TBSP Garlic, minced
- 1 ½ tsp Cumin
- 2 TBSP Aji Amarillo Paste
- 6 cups Vegetable Stock
- 2 ea Bay Leaves

Makes 8 servings

- 1 ½ tsp Fresh Oregano, chopped
- 1 cup Sweet Potato, diced
- ½ cup Tri-Color Quinoa, dry, rinsed
- 1 tsp Salt
- ¼ tsp Black Pepper
- 2.5 cup Spinach, fresh
- ¼ cup Cilantro, fresh, chopped

Preparation:

1. Heat oil in a pot. Add onions, celery and carrots. Cook until softened. Add garlic, cumin and aji amarillo paste.
2. Add vegetable broth, bay leaves, oregano and sweet potato. Bring up to a simmer and cook until potatoes are almost tender.
3. Add quinoa, salt, and pepper. Continue to simmer until quinoa is tender, about 10 more minutes.
4. Discard bay leaves.
5. Just before removing from the heat, stir in spinach and cilantro. Cook until spinach is wilted.



NUTRITION FACTS

PER SERVING

calories	120
total fat (g)	3
saturated fat (g)	0
sodium (mg)	440
total carbohydrate (g)	21
dietary fiber (g)	3
added sugar (g)	0
protein (g)	3



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