



## Quinoa Vegetable Soup

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

320 calories

5 g total fat

880mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 2 TB olive oil, divided\*\*
- Salt & pepper, to taste\*\*
- 1 cup onion, diced
- 1/2 cup carrots, diced
- 1/2 cup celery, diced
- 2 cloves garlic, minced
- 3 cups butternut squash, diced
- Soup Spices (1 bay leaf, 1/2 tsp thyme, 1/2 tsp rosemary)
- 2 (32 oz) boxes Vegetable Broth
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can chickpeas, rinsed & drained
- 1 cup quinoa
- 1/2 bunch kale leaves, chopped ribs and stems removed
- 1/3 cup parmesan cheese
- 4 ciabatta rolls

### DIRECTIONS:

1. Separate **kale** leaves by pulling off from the rib, discard the ribs. Wash and dry the kale leaves. Stack kale leaves into a pile and roll, then chop/slice into smaller pieces. Prep as much kale as you desire in your soup. It does wilt down quite a bit. Set aside for use in Step 3.
2. Heat **2 TB olive oil** in a large pot over medium heat. Add **diced onion, diced carrots, diced celery** and season with **salt & pepper** to taste. Cook stirring occasionally until onions are translucent, about 5 minutes. Add the **2 cloves minced garlic, diced butternut squash** and **soup spices**, stir to combine and continue to cook for 5 more minutes, stirring occasionally.
3. Add **8 cups vegetable broth**, can of **diced tomatoes**, drained and rinsed **chickpeas**, and **quinoa**, stirring to combine. Cook for 15 minutes or until quinoa is soft. Stir in chopped **kale** and season with **salt & pepper to taste**. Cook for 5 minutes longer until kale is wilted.
4. Warm **ciabatta rolls** in a 400 degree oven for 8-10 minutes.
5. Serve soup in bowls sprinkled with **parmesan cheese** and warmed ciabatta rolls alongside.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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