

Kale and Quinoa Vegetable Soup

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins

Serves: 6

Ingredients:

- 1 Tbsp. olive oil
- 1 cup onion, diced
- 4 large cloves garlic, minced
- 2-900 ml vegetable or chicken stock
- 1- 14 oz. can diced tomatoes
- 1 tsp. rubbed Dalmation sage
- 1 tsp. thyme
- Salt and pepper to taste
- 1-14 oz. can white beans, drained and rinsed
- 4 cups chopped Kale
- 1 cup cooked quinoa

Instructions

1. Heat the olive oil in a large pot and saute the onion and garlic until translucent. Add the chicken stock, tomatoes, sage, thyme and salt and pepper. Simmer for 20 min.
2. Add the white beans and kale and simmer for 5 min. Add the cooked quinoa and heat through. Adjust seasonings and serve.

By BonBon Break