

Lentil Quinoa Soup

Number of servings: 4
 Preparation time: 15 minutes
 Total time: 1 hour and 10 minutes

Ingredients:

- 1 cup dried quinoa
- 6 cups water
- 2 cups carrots, diced
- 1 ½ cup dried lentils
- 1 onion, diced
- 1 cup celery, diced
- 1 tomato, diced
- 2 garlic cloves, minced
- 1 beef bouillon cube
- ½ teaspoon ground black pepper

Directions

- Cook the quinoa according the package directions. Set aside.
- Combine the water, carrots, lentils, onion, celery, tomato, garlic, bouillon cube, and black pepper in a stock pot.
- In the stock pot, bring the mixture to a boil and then reduce the heat. Let simmer covered for approximately 30 minutes. Stir the soup every 15 minutes or so to prevent the lentils from sticking.
- Add the quinoa. Stir the mixture well, cover the pot, and keep on low heat for another 15 minutes. Serve immediately. Refrigerate any leftovers within 2 hours of preparation.

Equipment Needed:

- Cutting board
- Knife
- Measuring cups
- Measuring spoon
- Stock pot
- Mixing spoon

Chef's Note:

This dish can also be cooked in a crockpot over medium heat for 4-6 hours. When ready to eat, put the quinoa into the pot, stir well, and keep on medium heat for 15 minutes before serving.

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Nutrition Facts

Serving Size 1 serving (616.12g)
 Servings Per Container 4

Amount Per Serving

Calories 460 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 84g **28%**

Dietary Fiber 14g **56%**

Sugars 7g

Protein 25g

Vitamin A 210% • **Vitamin C** 25%

Calcium 10% • **Iron** 40%

* Percent Daily Values are based on a 2,000 calorie diet.

**Always wash
 vegetables
 before cutting.**



Lentils and quinoa come in a variety of colors. They both are excellent sources of fiber and protein. Quinoa is a whole grain. Lentils are legumes, meaning they fit in both the vegetable and protein food groups. Use lentils, which are lower in saturated fat, as a healthier and lower cost replacement for animal proteins.

(Recipe from <http://danielplan.com/>.)

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