

WARMING MINISTRONE SOUP WITH QUINOA & KALE



By Silvia Bianco (Mind Body Green)

Don't let all the ingredients scare you. All you're really doing is chopping the veggies into a medium dice (about the size of popped corn) and putting everything in a big pot. It's fast, easy and ready to eat in about 40 minutes without much fuss from you, and it's good for more than one meal. Make a really big pot and freeze what you don't use in quart containers. They last for months and will be a lifesaver when you can't or don't want to cook.

Ingredients

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| 1 | sweet onion - medium diced |
| 2 | celery stalks - medium diced |
| 3 | carrots - medium diced |
| 2 Tbsp | olive oil - or enough to cover the bottom of the pot |
| 2 cloves | garlic - finely chopped |
| 2 cups | fresh zucchini - medium diced (about 1 medium or 2 small) |
| 2 cups | green beans - cut in 1 inch pieces |
| 1 | bell pepper - medium diced |
| 1.75 lbs | fresh tomatoes or 1 x 28 ounces can crushed tomatoes |
| 4 cups | water |
| 1 15-ounce can | cannellini beans |
| 1 15-ounce can | chickpeas |
| 1 cup | quinoa |
| 2 cups | kale - stems removed |
| 1 tsp | turmeric (or to taste) |
| Pinch | red pepper flakes |
| | Salt and pepper to taste |
| | Parmesan to taste, garnish (optional) |
| | Slivered basil or finely chopped rosemary, garnish (optional) |

Directions:

1. Place a large stockpot over medium heat and add the onions, carrots and celery. Cook for about 5 minutes or until softened.
2. Add the garlic and a pinch of red pepper flakes and cook for about one minute or until garlic begins to color.
3. Add the zucchini and the green beans, season with salt and pepper, add the turmeric, stir and cook for about 3 minutes.
4. Add the tomatoes and the water, raise heat to high and bring to a boil.
5. Lower the heat to medium/low and allow the soup to gently boil (uncovered) for about 20 minutes.
6. Add the quinoa and cover for 15 minutes.
7. Remove the cover, add the kale and the canned beans (more water if needed) bring back to a gentle boil and cook for another 5 minutes or just until the kale is tender.