FALL VEGETABLE QUINOA SOUP

Tags: Fall, Kapha, Pitta, Vata

Prep Time: 15 Min
Cook Time: 35 Min
Serves: 8
Directions:

1. Heat ghee in a large stockpot over medium heat.
2. Add onion, ginger, carrot, and celery and cook until onions are translucent about 5 minutes.
3. Add the sweet potato, butternut squash, and bay leaves. Sauté until vegetables are mixed well, about 8 minutes. Stir occasionally so they don't stick to the bottom of the pan.
4. Add the vegetable broth and bring to a simmer. Cook until vegetables are nearly soft.

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5. Add tomatoes, chickpeas, quinoa, fresh rosemary, and thyme. Simmer for 15 minutes or until quinoa and veggies are soft and cooked well.
6. Stir in the kale and cook for an additional 5 minutes. Season with salt and black pepper, to taste. Serve warm.

*Those with a Pitta prakruti should omit onion and black pepper.

*More or less vegetable broth can be added just depending on how “soupy” or “stewy” you want it.

Ingredients:
2 tablespoons Ghee
1 yellow onion, diced
1 carrot, chopped
2 celery stalks, thinly sliced
1 Tablespoon of fresh ginger, chopped
1 large sweet potato, peeled and chopped
2 cups chopped butternut squash
3 bay leaves
6 cups of vegetable broth – I used homemade because I had a bunch of veggies that were needing to be used and I had made the broth last week.
1 large diced tomatoes
1 cup of cooked chickpeas – you can use one can (15 oz) if time doesn’t allow you to make it from scratch
1 cup uncooked quinoa
1 tablespoon minced fresh rosemary
3 teaspoons minced fresh thyme
2 cups chopped kale, chard or collard greens, ribs and stems removed
Salt and black pepper, to taste

This is an amazing, quick, and easy soup that will leave you feeling nourished, warm and satisfied!

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