

Cooking Corner: Quinoa Vegetable Soup

Looking for a quick and healthy dinner, now that the holiday leftovers are gone? Warm up with this hearty, nourishing, one-pot soup. We adapted the recipe from [this one](#) on allrecipes.com.



Quinoa Vegetable Soup

2-3 tbsp. olive oil

1 onion, chopped

2 cloves garlic, minced

2-3 medium carrots, diced

2 tbsp. dried parsley

1 tsp. dried basil

1 bay leaf

1 pinch of dried thyme

1 32-36 oz. carton vegetable broth

1 28 oz. can crushed tomatoes

1-2 cups shredded cabbage

1 cup chopped kale

1 15 oz. can garbanzo beans, drained and rinsed

½ cup quinoa

Parmesan cheese (optional)

Heat olive oil over medium heat and add chopped onion, garlic, and carrots. When vegetables begin to soften, add herbs, veggie broth, and crushed tomatoes. Bring to a boil then reduce heat and simmer for a few minutes. Add cabbage, kale, garbanzo beans, and quinoa. Cover and simmer until quinoa is tender, about 25 minutes. Serve with grated Parmesan cheese.

As with most vegetable soups, the amounts of each vegetable are approximate. Adjust the recipe to what you have on hand, and feel free to change the list of vegetables altogether. For instance, broccoli, cauliflower, frozen corn or zucchini would all make great additions or substitutions. Enjoy!