



Caldo de quinoa

4 servings

Ingredients

1 cup quinoa
2 Tbsp Vegetable oil
1 white onion
1 yellow/red bell pepper,
seeded and diced
2 carrots, diced
1 large tomato, diced
3 fresh jalapenos
4 garlic cloves, minced
4 cups water or broth
(chicken or vegetable for
vegan option)
2 tsp cumin powder
3-4 medium zucchini,
diced
Salt and pepper to taste
Optional garnishes: 2
limes, cilantro

Directions

1. Rinse quinoa in a bowl of cold water and drain through a fine strainer.
2. In a saucepan on medium heat, add quinoa and 2 cups of water. Increase heat to high and bring mixture to a boil. Cover and reduce heat to low. Cook for 20 minutes. Remove from heat, uncover, and fluff with a fork. Set aside.
3. In a large sturdy pot on medium high heat, sauté onions until soft, about 5 minutes. Add bell pepper and carrots and continue to cook for 10 minutes. Add tomatoes, jalapenos, garlic and cumin. Stir.
4. Add 4 cups water or broth and bring mixture to a slow boil. Reduce heat to low, cover, and simmer for 15 minutes. Add zucchini and cook until all vegetables are tender, about 10 minutes. Stir in cooked quinoa and cook until soup is hot. If soup is too thick, add water. Season with salt and pepper. Optional: top with cilantro leaves, avocado slices, and/or a squeeze of lime juice.