



Chef Danniella's Quinoa Vegetable Soup

This recipe was developed by Chef Danniella Ballariel, 2021 Junior Iron Chef Finalist

Ingredients

- 3 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 3 carrots peeled and chopped
- 2 celery stalks, chopped
- 1 to 2 cups zucchini and yellow squash
- 1 clove garlic
- 1/2 teaspoon dried thyme
- 1 large can diced tomatoes
- 1 cup quinoa, brown rice, wild rice or red rice
- 4 cups vegetable broth
- 1 cup water
- 1 teaspoon salt
- 2 bay leaves
- 1 pinch red pepper flakes
- (Optional) 1 dash freshly ground black pepper
- 1 can northern beans
- 1 can chopped fresh kale
- 1 to 2 teaspoons lemon juice
- (Optional garnish) Freshly grated parmesan cheese



Recipe Process & Instructions

1. Warm the olive oil in a large soup pot over medium heat. Once oil is shimmering, add the chopped onion, carrots, celery, zucchini, yellow squash and a pinch of salt. Cook, stirring often, until the onion has softened and is turning translucent, about 6 to 8 minutes.
2. Add garlic and thyme. Cook until fragrant while stirring frequently, about 1 minute. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
3. Pour in the quinoa, broth and the water. Add 1 teaspoon salt, 2 bay leaves and a pinch of red pepper flakes. Season generously with 1 dash freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.
4. Cook for 25 minutes, then remove the lid and add the beans and the chopped kale. Continue simmering for 5 minutes or more, until the kale has softened.
5. Remove the pot from heat, then remove the bay leaves. Stir in 1 teaspoon lemon juice. Divide into bowls and top with grated parmesan (optional).