

Quinoa and Corn Soup – Supremely Nutritious and Tasty



Ingredients:

8 cups vegetable stock

½ cup Quinoa

1 – ten-ounce bag of frozen sweet corn

1 medium onion, finely diced

2 carrots, diced

2 stalks celery

1 ½ teaspoons salt

1 teaspoon chopped parsley

1 teaspoon chopped fresh oregano or marjoram

Chili powder for garnish/ pinch

Directions:

Combine the water, quinoa, and frozen corn in a soup pot and bring to a boil. Reduce the heat and simmer for five minutes.

Add the onions, carrots, celery, salt, parsley, and oregano and continue cooking for additional 8-10 minutes. Garnish with pinch of chili powder.

No need to EVER buy canned soups again. Find a few favorite recipes and make them at home in minutes!

The Powerful benefits of Quinoa: One cup cooked provides about 8 grams of protein and 5 grams of fiber. Unlike some plant proteins, quinoa is a complete protein, meaning that it contains all nine essential amino acids that our bodies cannot make on their own.