

Featured Recipe



Peruvian Quinoa Soup



recipes with sass!

PERUVIAN QUINOA SOUP

Serves
4

Fixings

- ★ 2 Tbsp. coconut oil, ghee, or butter
- ★ 2 large onions, chopped
- ★ 2 large leeks, washed well and chopped
- ★ 2 stalks celery, chopped
- ★ 3 carrots, chopped
- ★ 5 garlic cloves, chopped
- ★ 1 large red bell pepper, chopped
- ★ 1 cup peas
- ★ 1 large sweet potato, diced
- ★ ½ medium butternut squash, remove skin and seeds, dice same as potatoes
- ★ ½ head small cabbage, coarsely chopped
- ★ Leaves from 1 large bunch cilantro, chopped
- ★ 1 cup fresh parsley, chopped
- ★ 1 tsp. cumin
- ★ 1 cup quinoa
- ★ 8 cups water or chicken stock
- ★ Celtic sea salt to taste

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Prep

1. Sauté the garlic, onions, leeks, and celery in oil for several minutes.
2. Add other ingredients and simmer till tender.