



HEALTHYFOOD
STUDIO

Italian-style QUINOA & VEGETABLE SOUP

INGREDIENTS

60ml	Olive oil
1	Onion, cut into small cubes
150g	Celery, cut into even blocks
150g	Carrots, peeled and cut into even blocks
150g	Baby marrows, cut into even blocks
4	Cloves garlic, chopped
500g	Fresh ripe plum tomatoes, skinned and chopped
1.5L	Homemade or fresh vegetable stock
40g	Quinoa
½ tin	Cannellini beans
5g	Basil leaves
	Large pinch salt
	Large pinch black pepper
10g	Freshly grated Grana Padano or Parmesan to serve

METHOD

- 01** Sauté the onions, celery, carrots and garlic in olive oil until the onions are translucent.
- 02** Add the stock, quinoa and tomatoes and cook until the carrots are almost soft.
- 03** Add the baby marrow and beans and simmer for another 20 minutes.
- 04** Just before serving, stir in the basil leaves and check seasoning.
- 05** To Serve add grated Parmesan and a drizzle of olive oil.