

## QUINOA PEANUT SOUP

Recipe adapted from Eating Well Website This spicy vegetable, quinoa and peanut soup recipe is a modern take on traditional Bolivian soup recipe called Soupa de Mani. Serve this healthy quinoa soup recipe as a starter or make it a heartier meal by adding diced cooked chicken to the soup.

Quinoa is a grain high in protein and fiber grown in South America.

2-teaspoons canola oil  
¾-cup chopped onion  
2-cloves garlic, minced (1 teaspoon)  
1-cup slice carrots  
1-cup diced potatoes  
⅔-cup quinoa  
3-cups vegetable broth or reduced-sodium chicken broth (sodium less than 200mg per serving)  
2-cups water  
½-cup chopped red bell pepper  
1/3-cup natural peanut butter  
1-Tablespoon chopped fresh parsley or cilantro  
1-Tablespoon hot sauce, such as Tabasco  
Freshly ground pepper to taste

1. Heat oil in a large saucepan over medium heat. Stir in onion and cook, stirring, until softened, 4 to 5 minutes. Stir in garlic and cook for 30 seconds. Stir in carrots, potatoes, quinoa, broth and water. Bring to a boil over high heat.
2. Reduce heat to maintain a simmer, cover and cook until the quinoa is cooked and the vegetables are tender, about 20 minutes. Stir in red pepper and cook, stirring, for about 3 minutes more. Stir in peanut butter until it is combined into the broth. Remove from heat. Stir in parsley or cilantro, hot sauce, and pepper.



<b>Nutritional Facts</b>	1-cup
<b>Serving Size</b>	
<b>Servings</b>	8
Calories	149
<b>Total Fat</b>	7gm
Saturated Fat	1gm
Trans Fat	0
<b>Cholesterol</b>	0
Sodium	75mg
<b>Potassium</b>	280mg
Carbohydrates	16gm
Fiber	3gm
<b>Protein</b>	6gm
<b>Calcium</b>	24mg
<b>Vitamin K no parsley or cilantro</b>	4mcg