

Kale and Quinoa Minestrone {Vegan and Gluten Free}

Yield: About 6 - 8 servings

Prep Time: 15 minutes

Cook Time: 55 minutes

Ingredients

1 large yellow onion , diced (2 cups)
3 medium carrots , diced (1 1/2 cups)
2 stalks celery , diced (1 cup)
2 Tbsp olive oil
2 cups diced , fresh zucchini (from about 2 small)
2 cups green beans , cut into 1-inch segments
1 red bell pepper , diced
3 cloves garlic , minced
1 (32 oz) carton unsalted or low-sodium vegetable broth
1 (28 oz) can crushed tomatoes
3 cups water
3 1/2 Tbsp chopped fresh parsley
1 tsp dried rosemary , crushed
3/4 tsp dried thyme
1 1/2 tsp granulated sugar
Salt and freshly ground black pepper , to taste
3/4 cup dry quinoa
1 (15 oz) can cannellini beans, drained and rinsed
1 (15 oz) can chick peas, drained and rinsed (aka garbanzo beans)
2 (heaping) cups chopped fresh kale, thick ribs removed
1 Tbsp lemon juice
Shredded parmesan cheese , for garnish (omit or use vegan parmesan if making vegan)



Instructions

1. In a large stockpot, heat olive oil over medium-high heat. Add diced onion, carrots and celery and saute about 5 minutes, until softened. Add in zucchini, green beans, red bell pepper and saute 2 minutes, then add garlic and cook 1 minute longer.
2. Add in vegetable broth, crushed tomatoes, water, parsley, rosemary, thyme, granulated sugar, season with salt and pepper to taste and bring mixture to a boil, then reduce heat to medium and allow soup to gently boil, uncovered for about 20 minutes.
3. Add in dry quinoa then cover and cook 15 - 20 minutes longer.
4. Add cannellini beans, chick peas, kale and lemon juice and cook, uncovered, until kale has wilted, about 5 minutes. Serve warm garnished with parmesan cheese.
5. Recipe Source: adapted slightly from [Mind Body Green](#)

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