



Tomato-Quinoa Soup

Feb 3, 2015

CAL/SERV: **275**

YIELDS: **6**

PREP TIME: **0** hours **15** mins

TOTAL TIME: **0** hours **30** mins

Ingredients

1 c. red or white quinoa

3 tbsp. butter

1 tbsp. olive oil

2 medium shallots

2 clove garlic

1 tbsp. fennel seeds

2 can whole peeled tomatoes

2 c. lower-sodium chicken or vegetable broth

1/4 c. roasted salted pepitas (pumpkin seeds)

1 tbsp. snipped fresh chives

1/2 tsp. crushed red pepper

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Directions

- 1

Cook quinoa as label directs.
- 2

In 4-quart saucepan, heat butter and oil on medium until butter melts. Add shallots, garlic, and fennel seeds. Cook 4 to 6 minutes, or until vegetables begin to soften, stirring occasionally. Add tomatoes and broth. Heat to simmering on high. Simmer 15 minutes, stirring occasionally. With immersion or regular blender, purée mixture until smooth. Reheat soup if necessary.
- 3

In medium bowl, combine cooked quinoa, pepitas, chives, and red pepper. Serve soup topped with quinoa mixture.

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