



## Lentil Quinoa Soup

Yields: 12 Servings

### Ingredients:

- 1 tbsp. olive oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 1 tbsp. minced ginger root
- 2 celery stalks, chopped
- 1 sweet potato, peeled and diced
- 4 cups vegetable broth
- 3-4 cups of water
- 1 cup dried lentils
- 1 cup quinoa, rinsed
- 1, 28 oz. canned diced tomatoes
- 1 tbsp. ground turmeric
- 1 tsp. ground cumin
- $\frac{1}{4}$  tsp. coriander
- salt and pepper to taste
- optional toppings: fresh chopped greens, sprouts, sesame seeds, tamari, liquid aminos

### Directions:

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1. In a large stock pot, heat 1 tbsp. olive oil and add onion, garlic and ginger. Cook until soft, about 5 minutes.
  2. Add celery, sweet potatoes and spices. Stir until combined and cook for a few minutes.
  3. Add lentils, quinoa, vegetable broth, water and tomatoes
  4. Bring to a boil over high heat, then simmer about 20 minutes (if cooking over stove). If using an Instant Pot, cook on Manual for 7 minutes.
  5. Cook until sweet potatoes are tender and quinoa is completely cooked.
  6. Add salt and pepper to taste.
  7. Serve with any additional toppings.
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