

Quinoa (keen-wah) Lentil Soup

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| INGREDIENTS | <p>1 clove garlic, minced 8 cups water, <i>divided</i> 1 cup diced celery 1 cup diced carrot 1 cup dry green or brown lentils, rinsed $\frac{1}{2}$ cup quinoa, rinsed 1 tbsp cumin $\frac{1}{4}$ tsp cayenne pepper (optional) $\frac{1}{2}$ tsp each salt and pepper 3 tbsp lemon juice</p> |
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| DIRECTIONS | <p>Over medium heat, add garlic and 1 cup water to large stockpot. Bring to a boil and simmer for 5 minutes. Add celery, carrot, lentils, quinoa, cumin, cayenne pepper (optional) and remaining water to stockpot. Cook over medium heat until lentils are tender, about 30 minutes. Stir in salt, pepper and lemon juice.</p> |
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Makes 4 servings. Each:
168 calories • 8g protein •
2g fat • 31g carb • 7g fiber •
343mg sodium