



Kale & Vegetable Soup

grecodeesigncompany.com

Serves: 6

6 Stalks of celery, cut in pieces
6 Carrots, peeled and cut in pieces
1 Onion, cut in pieces
1 Head of kale - leaves torn into large pieces
32 oz. fat free, low sodium chicken broth
2 cups quinoa, cooked
Salt, pepper, garlic powder and dried parsley to taste
Grated Parmesan cheese to taste

1. Pour broth along with 64 oz. water (fill empty broth can or box up two times) into a pot and bring to a boil.
2. Add vegetables (except kale) and seasonings.
3. Cover and cook for 2 hours at low temperature. Add kale pieces and continue to cook for another hour at low-medium heat.
4. Cook quinoa according to instructions. Add to soup.
5. Serve soup topped with grated cheese.