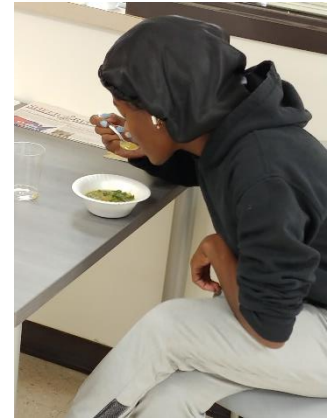




Quinoa Greens Lentil Soup




Ingredients

- ½ pound (6-8 cups) of washed and coarsely chopped quinoa greens
- ½ c of lentils (red lentils work great)
- ¼ tsp turmeric
- ½ tsp ground ginger
- ¼ tsp garlic powder
- 2 Tbsp chopped onion
- ¼ tsp salt
- 3 cloves of coarsely chopped garlic
- 2 Tbsp olive or canola oil.
- ½ tsp. lemon juice
- Salt and Pepper to taste (or use lemon pepper, thyme or your favorite herb or peppers as a salt-free option)



How-To

Time 30 minutes, Serves 4-6

1. Wash your hands. 
2. Wash all the fresh fruits and vegetables before shredding or dicing. 
3. Wash the lentils and rinse them in cold water.
4. Place 6 cups of water in a Dutch oven or large heavy pot.
5. Add the turmeric, ginger, garlic powder and ¼ tsp salt to the water.
6. Bring the water to a boil, then add the lentils and cook until they are tender (about 20 minutes).
7. While the lentils cook, put the oil in a small skillet.
8. Heat the oil on medium-high heat for 30 seconds.
9. Add the garlic and onions. Toss them in the oil to coat them well.
10. Sauté them until they brown slightly and are crispy on the edges.
11. Remove them from the heat until the lentils are tender in the pot.
12. When the lentils are tender, add the quinoa greens and cook for 5-7 minutes.
13. Add the garlic and onion to the soup and stir in.
14. Add the lemon juice and stir
15. Add pepper to taste.
16. Serve over brown rice or cooked quinoa seeds with 1 ½ c strawberries and ½ c low-fat vanilla yogurt for a filling meal on a cook spring or fall evening!
17. Refrigerate the leftovers covered for up to 3 days. 

Recipe provided courtesy of Dr. Safiullah and Mrs. Salma Pathan.

 **BECAUSE WE CARE.** This symbol indicates a point in the recipe where there is potential for food borne illness. Take care to keep hot food hot, cold food cold, and prevent cross contamination. Wash your hands. Wash all fresh produce.



Lincoln University Cooperative Extension Human Nutrition and Health Program

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