

Quinoa Chickpea Minestrone

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 2 Tablespoons olive oil
- 1 large onion, diced
- 2 large carrots, diced
- 2 large celery sticks, diced
- 4 garlic cloves, minced or grated
- 2 teaspoons Italian seasoning
- 1 14 ounce can of tomato sauce
- 1 14 ounce can diced tomatoes
- 1 Cup Quinoa (dry)
- 1 zucchini, cubed
- 2 - 14.5 ounce cans chickpeas (drained and rinsed)
- 2 Quarts vegetable stock (1-2 additional Cups if needed)
- Juice of half a lemon
- 1/2 a bunch of kale (about 4 stalks), stems removed and shredded
- salt and pepper to taste

Instructions:

In a large pot or Dutch oven sauté the onions, carrots and celery in the olive oil until slightly softened. Add the garlic and Italian seasoning and cook for another minute.

Next stir in the tomato sauce, diced tomatoes, zucchini, chickpeas and stock. Stir until well mixed. Bring to a boil, then simmer partially covered for 20-25 minutes. Add additional stock if needed.

Finally add the lemon juice and kale. Simmer for 5 more minutes. Season with salt and pepper if desired.

Serve with warm bread or crackers.