

Menu

Tomato and Quinoa Soup

Serves: 1

Time to prepare: 10 mins

Time to cook: 30 mins

Dietary requirements: Dairy-free, Egg-free, Halal, Kosher, Vegan

Ingredients

200ml/6.75fl ozs vegetable stock

1 small onion, chopped finely

1 small carrot, diced

1 small stalk celery, diced

1 small garlic clove, crushed

½ tsp salt (depending on how salty the stock is)

¼ tsp dried dill

Small pinch ground fennel

Small tin chopped tomatoes with all the juice

2 tbsp quinoa

Instructions

1. In a large saucepan combine stock, onion, carrot, celery, garlic, salt, dill and fennel.
2. Bring to boil, reduce heat, cover and simmer gently for 5 minutes.
3. Stir in tomatoes and juice.
4. Add quinoa and mix well.
5. Return to boil and simmer, covered, for another 15–20 minutes or until quinoa is tender.
6. Stir occasionally then season with pepper before serving.

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