

# A Year of Healthy Soup!

## FALL COLLECTION

### Sausage and White Bean Soup with Mixed Leafy Greens and Quinoa

Makes 4 quarts soup or 10 servings

- 2/3 cup Quinoa
- 2 TBS. Olive Oil (or Canola)
- 1 Onion - diced (approx. 2 cups)
- 2 ribs Celery - diced (approx. 1 cups)
- 12 baby or 2 full Carrots - diced (approx. 1½ cup)
- 1 small bunch Mustard Greens - finely chopped (approx. 3 cups)
- 1 small bunch Swiss Chard - finely chopped (approx. 3 cups)
- 2 cloves Garlic - crushed
- 1 tsp. Salt
- 1 tsp. Pepper
- 1 14.5oz. can Diced Tomatoes
- 12 oz. cooked Sausage - sliced (I used smoked chicken sausage w/ apples.)
- 2 quarts homemade Vegetable or Chicken Stock (see recipes) (can substitute boxed)
- 1 14.5oz. can Small White Beans - rinsed

Rinse the quinoa. Then bring to a boil in a pot with 1-1/3 cup water. Let simmer on low heat for 15 minutes. Reserve the quinoa when done. • Add the olive oil to a soup pot or Dutch oven. Heat pot on stove burner set to medium-low heat. Start dicing the onion, celery, and carrots, putting them into the heated pot as each one is ready. Stir as you chop and add a shake of salt and pepper to start bringing out the flavors of the veggies. • Remove casing from sausage if you like. Slice the sausage lengthwise and then slice into 1/4" pieces. Add the sausage to pot and sauté for 5 minutes. • Add the mustard greens and Swiss chard and stir for several minutes until the greens break down. Add the garlic and stir for another minute until you can smell the garlic cooking. • Add the can of diced tomatoes with juice, the vegetable or chicken stock, and the white beans and simmer on low heat for approximately 10 to 15 minutes. • Add the quinoa. Check and adjust seasoning.