

Hearty Quinoa Soup

Submitted by Chris Apostolon

- 1 tbsp olive oil
 - 1 onion, diced
 - 1 carrot, diced
 - 1 stalk celery, diced
 - 1 tsp sea salt
 - 1 tsp fresh cracked pepper
 - 2 cloves garlic, minced
 - 2 tbsp red wine vinegar
 - 1 carton CAMPBELL'S® Ready To Use Mushroom Broth
 - 3 leaves bay leaf
 - 2 cups chopped butternut squash
 - 1 can diced No Salt Added tomatoes
 - 1/2 cup quinoa
 - 1 tbsp chopped fresh rosemary
 - 1 tbsp thyme
 - 1 can chickpeas (garbanzo beans), rinsed and drained
 - 2 cups chopped kale, ribs and stems removed
1. In large saucepan, heat oil over medium high heat. Add onion, carrots, celery stalk, salt and pepper and cook until onions are translucent, about 5 minutes. Add the garlic and red wine vinegar; cook 1 minute.
 2. Stir in broth and bay leaves, scraping any brown bits from the bottom of the pan and bring to a boil. Stir in the squash, tomatoes, quinoa, rosemary and thyme. Reduce heat to maintain a simmer. Cook for 15 minutes or until quinoa is soft.
 3. Add chickpeas and kale and cook for an additional 5 minutes. Serve warm with a drizzle of olive oil.