

Eggplant & Collard Greens Quinoa Soup

8 ingredients · 45 minutes · 6 servings



Directions

1. Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
2. Season with additional salt if needed.
3. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add sautéed onion and garlic.

Additional Toppings

Top with chopped parsley, sliced green onion or red pepper flakes.

Ingredients

- 6 cups Vegetable Broth
- 2 cups Diced Tomatoes (from the can, drained)
- 1 Carrot (trimmed, chopped)
- 1/2 Eggplant (chopped)
- 2 cups Collard Greens (stems removed, chopped)
- 1 cup Quinoa (rinsed)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt