

## Quinoa Vegetable Soup

From Dick Ogren  
Serves 8 - 10



### INGREDIENTS

1 large onion, chopped	3 cloves garlic, minced	water for sautéing
9 cups water for cooking	2 cups broccoli florets	2 medium tomatoes, chopped
1 cup carrots, sliced	1 cup celery, sliced	2 Tbsp. low-salt soy sauce
1 cup quinoa, rinsed*	2 bay leaves	3 low salt vegetable bouillon cubes

### DIRECTIONS

1. In large pot, sauté the onion and garlic in a little water until the onion turns limp.
2. Add all remaining ingredients, except the quinoa. Bring to boil and simmer for 10 minutes.
3. Add the quinoa and simmer for 20 minutes.
4. Remove the bay leaves before serving.

\*If the quinoa has not been rinsed prior to purchase, rinse it in a fine mesh strainer to remove the saponin (a bitter coating) before cooking.

© 2010 Vertex42.com

## Bean Burritos

1 of 2

From Dick Ogren  
Serves 10



### INGREDIENTS

1 large onion, thinly sliced	water for sautéing
3 cloves garlic, minced	¼ cup water for cooking
1 bell pepper, seeded and thinly sliced	2 medium tomatoes, chopped
4 cups white button mushrooms, sliced	2 tsp cumin
3 cups pinto beans, cooked	2 tsp chili powder
½ cup cilantro leaves	1/3 cup prepared salsa
1 pkg. (10) 8" whole wheat tortillas	

© 2010 Vertex42.com

## Bean Burritos

2 of 2

From Dick Ogren  
Serves 10



### DIRECTIONS

1. In large pot sauté the onion, garlic and bell pepper in a little water until the onion is limp.
1. Add all remaining ingredients, except the beans, salsa and cilantro; cook for 5 minutes.
2. Add the beans and cook 5 minutes.
3. Mix in the cilantro and salsa, and remove the pot from the heat. Let stand for 10 minutes.
4. Add salt and pepper to taste.
5. Place the mixture in 8-inch whole wheat tortillas which have been warmed in the oven or microwave.

Freeze extra burritos for a quick meal.

© 2010 Vertex42.com