

QUINOA SOUP WITH CORN

Ingredients:

3 cups water or chicken stock
½ cup Quinoa
dash cumin
dash tumeric
½ tsp celery seed
2 cloves garlic - chopped
1 small onion – chopped
1 stock celery – chopped
1 cup frozen corn
2 TBSP cilantro (or parsley)
2 TBSP lemon or lime juice
1 tsp sea salt
Chili sauce to taste

Directions:

- Bring liquid, quinoa, spices, garlic, onion, carrot, and celery to a boil.
- Reduce heat and cook 10 minutes.
- Add corn, cook 3 minutes.
- Add cilantro, cook 1 minute
- Remove from heat add lemon or lime juice, salt and serve.

NUTRITION NOTE: no sugar, no butter, used in this recipe.

