



Ingredients

- ✓ ½ cup quinoa (any color combination)
- ✓ ⅓ cup red lentils
- ✓ 2 Tbsp. coconut or vegetable oil
- ✓ 1 large onion, chopped (1½ cups)
- ✓ 4 – 5 cloves garlic, chopped coarsely (1½ Tbsp.)
- ✓ 4 cups veg. broth (4 cups water, bouillon cube)
- ✓ 2 yellow-fleshed potatoes (8-10 ounces)
- ✓ 1 sweet bell pepper (any color)
- ✓ 2 medium zucchini, cut into ½” moons
- ✓ 2 medium carrots, cut into ½” slices
- ✓ 2 stalks celery, chopped coarsely
- ✓ ½ tsp. dried oregano
- ✓ ½ tsp. dried thyme
- ✓ ½ tsp. salt (to taste)
- ✓ Freshly ground pepper (to taste)
- ✓ 15oz can chick peas, rinsed and drained
- ✓ 14.5oz can diced tomatoes

Preparation

Peel potatoes, if desired, and cut into ½” dice. Remove seeds from bell red pepper and cut into ½” dice. Rinse quinoa and lentils thoroughly, drain and reserve. In a large saucepan or soup pot, heat coconut oil over medium-low heat. Add onion and garlic and cook and stir until soft and translucent, about 10 minutes. Add reserved quinoa and lentils and stir to mix in. Add broth, potatoes, bell pepper, zucchini, carrots, celery, oregano, thyme, salt and pepper and simmer, covered about 20 minutes. Add chick peas and diced tomato and simmer about 10 minutes more, or until quinoa and potatoes are tender. Season to taste and serve.