

## Vegetable and Quinoa Soup

### Ingredients

- 2 tablespoons olive oil or coconut oil
- 2 garlic cloves, peeled and crushed
- 2 onions, peeled and chopped
- 3 leeks, washed, trimmed, and sliced
- 5 celery stalks, chopped
- 1 cauliflower, trimmed and cut into small florets
- 4 cups water
- 1 cup quinoa, cooked
- 1 teaspoon cumin
- 3 tablespoons parsley

### Directions

Heat oil in pan with garlic, onions, leeks, and celery.  
Cook over low heat for 20 minutes, stirring occasionally.  
Add water and bring to boil.  
Reduce heat and add the quinoa and seasons.  
Simmer for 10 minutes or until vegetables are tender.  
Serves 4.