

Sip, Slurp and Savour ...

Alphonsa's Quinoa Vegetable Medaly Soup

Ingredients

- 1 Tablespoon Alphonsa's Rosemary infused olive oil
- 1 Tea spoon crushed Garlic
- 1 Cup diced onions
- ½ cup celery
- ½ cup carrots
- 1 Cup potatoes
- 1 Cup sweet potatoes
- 2 Cups wild mushrooms
- 2 Cups raw spinach
- ¾ Cup quinoa
- 6 Cups vegetable broth
- 4 cups water
- Sea salt & black pepper to taste

Plant a Row • Grow a Row presents ...



soupalicious.ca

Directions

Saute diced onions & garlic in olive oil. Add vegetable broth add diced carrots, celery boil for few minutes. Add potatoes & sweet potatoes. Once potato half way cook add quinoa, mushrooms & spinach simmer it for 10 minutes Add sea salt & black pepper to taste and serve.

This soup is gluten & dairy free

This recipe yields 8 servings



Recipe Courtesy of Alphonsa's.
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For more information, visit www.growarow.org

Soupalicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.