

## Tuscan Quinoa Minestrone

If the colder weather has got you craving something hearty and warm, this delicious Italian soup will be sure to hit the spot! Even though this soup is 100% plant-based, the protein provided by the white beans and quinoa make a perfect nourishing combo that's certain to keep you satisfied.

**Prep time:** 30 minutes

**Serves:** 6-8

### Ingredients

- 2 tablespoons avocado oil
- 1 large yellow onion, chopped
- 2 medium celery stalks, chopped
- 2 medium carrots, chopped
- Optional: 1 small fennel bulb, chopped
- 4-6 cloves garlic, minced
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- 4 cups low-sodium vegetable or chicken broth
- 1-2 cups water
- 1 (28-ounce) can crushed tomatoes with their liquid
- 4 tablespoons tomato paste
- 1 cup dry quinoa, rinsed
- 1 (15-ounce) cannellini beans, drained and rinsed
- Sea salt and black pepper to taste
- ½ cup chopped fresh parsley
- Optional: ½ cup shredded parmesan
- Salt and pepper to taste

### Preparation

1. Heat oil in a large soup pot over medium heat. Add the onion, celery, carrots, fennel, garlic, and dried herbs. Sauté for 5 minutes until onions become translucent and vegetables soften.
2. Add broth, water, crushed tomatoes, tomato paste, and quinoa and bring to a boil. Lower to a simmer and cook for 15 minutes. Add canned beans during the last 5 minutes of cooking. Season with salt and pepper to taste.
3. Serve warm, garnished with chopped parsley and parmesan cheese.