

Veggies



Green Monster Soup

It's a tasty
winning
recipe!



Ingredients:

- 1 cup carrots
- 1 cup zucchini
- 1 cup yellow squash
- 1/2 whole onion
- 2 garlic cloves
- 1 cup quinoa
- 1 1/2 cups split peas (dried)
- 8 cups vegetable broth
- 1/4 tsp cayenne pepper (to taste)

Safety:

Ask a parent or guardian for help when using the stove. Keep your fingers curled under when using the knife.

Directions:

1. Wash and cut carrots, zucchini and squash into large pieces.
2. Dice onions and garlic cloves. Sauté in oil until soft.
3. In a large pot, combine all ingredients except quinoa and bring to a boil.
4. Continue to simmer on medium low for about 45 minutes or until peas are soft.
5. Meanwhile, prepare quinoa according to package directions. Set aside.
6. Place a scoop of quinoa in each bowl and ladle soup over the top. Sprinkle a few pieces of quinoa on top of soup to create monster scales and serve!

Nutrition:

Recipe makes 5 servings
Each serving counts as 2 vegetables

from the kitchen of
Playnormous

Recipe created by Recipalooza 2011 winner Allison L. "Lugaral" of Coventry, RI

