



# Carrot Quinoa Soup

by Sarah Breckenridge

## Ingredients:

3/4 c quinoa, rinsed well and drained  
5 c low-sodium chicken or vegetable broth  
2 Tbsp unsalted butter  
1 c chopped onion (about 1 small)  
1 tsp whole cumin seeds (or 1/2 tsp ground)  
1 tsp whole coriander seeds (or 1/2 tsp ground)  
1 bag (1 lb) baby-cut carrots  
Juice of 1 lime  
Salt and freshly ground pepper

## Method:

1. Combine quinoa and 1 1/2 cups broth in a small pot. Bring to a boil over high heat. Cover, reduce heat to medium-low, and simmer until quinoa is tender, about 12 to 15 minutes (it's fine if a little unabsorbed liquid remains in the pot).
2. Meanwhile, melt butter in a large pot over medium-high heat. Add onions and sauté for 2 minutes. Add the cumin and coriander seeds and cook, stirring, until seeds are toasty and fragrant, about 1 minute more (30 seconds if you're using ground spices).
3. Add the carrots and remaining 3 1/2 cups broth. Bring to a boil. Cover, reduce heat, and simmer until carrots are soft, about 10 to 15 minutes.
4. Puree soup in the pot with an immersion blender (or transfer to a regular blender) and process until smooth.
5. Add quinoa and any remaining broth to the soup. Season to taste with lime juice and salt and pepper. Serves 6.

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