

Peruvian Quinoa Soup

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-quinoa-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1/2 onion a large, diced
- 3 cloves garlic minced
- 1/2 inch ginger peeled and minced
- 2 medium carrots scrubbed and chopped
- 2 stalks celery chopped
- 1/2 cup quinoa rinsed
- 1 quart vegetable stock low-sodium
- 1 teaspoon dried oregano
- 1/4 teaspoon smoked paprika
- salt
- pepper
- 2 bay leaves
- 2 cups yellow potatoes diced
- 1 1/2 cups butternut squash diced
- 1/4 cup chopped cilantro optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 39 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 1180 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Peruvian Quinoa Soup above. You can see more 15 peruvian quinoa recipe Deliciousness awaits you! to get more great cooking ideas.