



Makes 8½ cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

6 cups low-sodium vegetable broth

½ cup dry red quinoa, rinsed and drained

1 cup thinly sliced carrots

½ cup thinly sliced celery

½ cup chopped onion

2 cups thinly sliced fresh or frozen rhubarb

2 teaspoons packed pure cane brown sugar

1½ teaspoons grated fresh ginger

¼ teaspoon ground cinnamon

½ teaspoon ground turmeric

¼ teaspoon black pepper

4 cups fresh baby spinach

3 tablespoons chopped roasted pistachios

2 tablespoons chopped fresh chives

Rhubarb and Red Quinoa Soup

Red quinoa adds heartiness to this tart and savory soup, which can be on the table in just 30 minutes. Spring and summer are prime time for fresh **rhubarb**, but you can also use frozen rhubarb. The frozen pieces may be thick, so thaw them first and thinly slice any large pieces.

By Shelli McConnell

- 1 In a large saucepan bring broth to boiling; stir in quinoa, carrots, celery, and onion. Return to boiling; reduce heat. Cover; simmer 15 minutes. Stir in the next six ingredients (through pepper). Cover; simmer 5 minutes more or until rhubarb is tender.
- 2 Just before serving, stir spinach into soup. Top with pistachios and chives.