

# Rainbow Soup Recipe

Yield: 4 serving of 2 cups

## Ingredients

1 cup onion, about 1 small onion

1 cup celery, 2-3 stalks

1 cup carrots

1 cup cauliflower, 1/4 of a head

2 cups potatoes

2 garlic cloves, minced

2 cups chard or other greens

2 Tablespoons vegetable oil

1 Rainbow Soup Seasoning Packet

1/2 cup quinoa, rinsed in cold water

1 can (14.5 oz) low sodium diced tomatoes, with liquid

8 cups water

Salt & pepper to taste



## Instructions for Adults

Control heat and tend to the pot, and assist kids with stirring the pot.

## Instructions for Kids

- Dice onions, celery, carrots, cauliflower & potatoes into 1/4-inch cubes. It's important to cut everything the same size. Use food chopper or knife to mince garlic. Tear or chop chard leaves into ribbons; dice the chard stems.
- In a 6-8 quart stock pot, heat vegetable oil over medium heat. Add all diced vegetables and garlic, except chard leaves. Add contents of the Rainbow Soup Seasoning Packet. Cook over medium heat, stirring occasionally, for 5 minutes.
- Turn heat to high, quickly stir in quinoa, canned tomatoes (including liquid), and water. Partially cover and bring just to a boil. Reduce heat and simmer for 15 minutes, partially covered, stirring occasionally.
- Add the chard and continue to simmer for 5 minutes, partially covered. Add salt and pepper to taste. Ladle soup from the bottom of the pot to include quinoa. Serve and enjoy!

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# Rainbow Soup Seasoning Packet Recipe



Yield: 1 packet seasoning

## Ingredients

- 3/4 teaspoon sweet paprika
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cayenne pepper

## Instructions for Adults

Assist where needed.

## Instructions for Kids

- Combine all of the above ingredients in a small dish or bag.
- Store in a cool, dry place.
- The seasoning will keep for several weeks.

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