

Minestrone Inspired Vegetables in Tomato with Quinoa Casserole



Serves 8 (478g per serve)

Energy: 1123Kj (267Kcal), protein: 13g, total fat: 8g, saturated fat: 1g, carbohydrate: 30g, dietary fibre: 12g, Sodium: 58mg per 100g

Note* This recipe can be made in three variations; one is leaving chunky vegetables, two by adding more water or vegetable stock to make a soup or 3 pureeing the whole soup.

Ingredients

- Olive oil x 2 tbs
- Garlic x 6 cloves
- Brown onion x 1 large onion or 100g
- Celery stalks x 2 - 3 or 300g
- Carrot x 2 - 3 medium size or 300g

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- Zucchini x 2 -3 medium size or 300g
- Tomato x 3 medium or 200g
- Crushed tomato tinned x 1 400g
- Vegetable stock x 1.5 litres – (you can use store brought commercial stock, but this may increase sodium content)
- Quinoa uncooked x 230g
- Dried thyme leaves x 2
- Marmite yeast extract (gluten free) x 6 teaspoons or 30g
- Tomato paste (low sodium) x 280g
- Savoury dried yeast extract x 6 teaspoons
- Parsley either flat or curly leaf (chopped) x 1 cup or a good handful
- Spring onions x 8 stalks for garnish

Method

1. Finely dice the garlic and onion and set aside
 2. Finely dice the celery, carrots and zucchini and set aside
 3. Core the tomato and roughly chop and set aside.
 4. With a seven litre pot over low heat, add olive oil and saute the onion and garlic being careful not to brown.
 5. Add the diced vegetables until it becomes slightly cooked and stir, making sure it does not burn and stick to the bottom of the pot.
 6. Add in the chopped and tinned tomatoes
 7. Add in dried thyme herbs
 8. Add in the dried quinoa and stir in well
 9. Pour in all of the vegetable stock and bring to a boil and then reduce to a simmer
 10. Add in the marmite and savoury yeast extract
 11. Continue with gentle simmer and cook for a further 30 minutes and remembering to add more water or stock as needed.
 12. When it is cooked, turn off the heat and add in the chopped parsley and stir in
 13. Slice the spring onions and use as garnish and serve.
- * **Note** – the added dried quinoa will absorb a lot of liquid and more liquid will be needed during the cooking process. This is not a set and forget; it requires to continue stirring to stop the bottom from burning; turning the heat down will help, but stir, stir and stir.

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