

Recipe: Asparagus, Spinach, and Quinoa Soup *

Asparagus, Spinach, and Quinoa Soup

Number of Servings: 8 (403.28 g per serving)

Weight: 3226.20 g

Recipe

Item Name	Quantity	Measure
Hemp Oil	2	Tablespoon
Onion, yellow, fresh, chpd	3	Cup
Asparagus, fresh, spears	10	Each
Salt, table	1	Teaspoon
Water, tap	3	Cup
Quinoa, dry	1/4	Cup
Greens, Swiss chard, fresh	1	Pound
Spinach, baby, fresh	14	Cup
Broth, vegetable	4	Cup
Spice, chili pepper, cayenne, dried, ground	1	Teaspoon
Juice, lemon, fresh	1	Tablespoon

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	5.51
Gram Weight (g)	403.28	Vitamin C (mg)	30.75
Calories (kcal)	124.27	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	38.31	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	3.03	Vitamin E - Alpha-Toco (mg)	1.28
Protein (g)	4.47	Folate (mcg)	29.60
Carbohydrates (g)	19.43	Folate, DFE (mcg)	29.60
Dietary Fiber (g)	5.37	Vitamin K (mcg)	471.02
Soluble Fiber (g)	0.00	Pantothenic Acid (mg)	0.21
Total Sugars (g)	5.24	Minerals	
Monosaccharides (g)	1.95	Calcium (mg)	93.53
Disaccharides (g)	0.59	Chromium (mcg)	0.01
Other Carbs (g)	5.78	Copper (mg)	0.17

Recipe: Asparagus, Spinach, and Quinoa Soup *

Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Fat (g)	4.28	Fluoride (mg)	0.06
Saturated Fat (g)	0.34	Iodine (mcg)	1.20
Mono Fat (g)	0.62	Iron (mg)	3.03
Poly Fat (g)	2.99	Magnesium (mg)	63.74
Trans Fatty Acid (g)	0	Manganese (mg)	0.40
Cholesterol (mg)	0	Molybdenum (mcg)	5.83
Water (g)	218.86	Phosphorus (mg)	68.53
Vitamins		Potassium (mg)	396.85
Vitamin A - IU (IU)	5688.93	Selenium (mcg)	1.28
Vitamin A - RAE (RAE)	259.45	Sodium (mg)	715.27
Carotenoid RE (RE)	518.89	Zinc (mg)	0.49
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	3008.29	Omega 3 Fatty Acid (g)	0.65
Vitamin B1 (mg)	0.07	Omega 6 Fatty Acid (g)	0.22
Vitamin B2 (mg)	0.09	Other Nutrients	
Vitamin B3 (mg)	0.40	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	0.85	Caffeine (mg)	0
Vitamin B6 (mg)	0.16	Choline (mg)	17.81
Vitamin B12 (mcg)	0		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
1 hour				

Preparation Method Instructions

1. Heat 2 tablespoons oil in large skillet over high heat. Add onions and 1/4 teaspoon salt; cook, stirring frequently, until the onions begin to brown, about 5 minutes. Reduce the heat to low, add 2 tablespoons water, and cover. Cook, stirring frequently, always covering the pan again, until the onions are reduced and have a deep caramel color, 25-30 minutes.
2. While onions cook, combine 3 cups water and 3/4 teaspoon salt in a soup pot. Add quinoa. Bring to boil. Reduce heat to maintain a simmer, cover, and cook 10 minutes. Chop asparagus. Add to quinoa, and cook another 5 to 10 minutes, making sure quinoa does not over-cook.
3. Coarsely chop the swiss chard and spinach. Add to quinoa and asparagus. Continue to simmer, covered, for 10 minutes.
4. When the onions are caramelized, stir a little of the vegetable broth, making sure to get all the brown bits deglazed. Add the onions to the quinoa. Add vegetable broth and cayenne. Return to a simmer, cover, and cook, stirring once, until the spinach is tender but still bright green, about 5 minutes more.
5. Puree the soup - either in a food processor, blender, or immersion blender in the pot. Stir in lemon juice. Enjoy!