

Bright Spirit Soup

Ingredients

1/4 cup olive oil	1 bay leaf	1 cup tomato (fresh or canned)
1/2 garlic bulb	1/2 tsp. oregano	1 cup potatoes, cubed
1 onion, chopped	1/2 cup parsley, chopped	4 stalks of chard, chopped
1/4 cup ginger	1 tbsp. salt	salt and pepper to taste
1/2 cup red lentils	1 poblano pepper, chopped	white beans (optional)
1/2 cup quinoa	1 cup carrots, cut in chunks	
1 tsp. thyme	1 cup celery, chopped	

Instructions

1. On medium heat, add the olive oil, garlic, onion, ginger, salt, thyme, bay leaf and oregano to a thick bottomed soup pot.
2. Sauté for five minutes stirring frequently.
3. Add enough water to cover the sautéed veggies and bring to a boil.
4. Add lentils, quinoa, and remaining vegetables. Add enough water to cover and bring to a boil.
5. Add additional water an inch above the vegetables.
6. Reduce to a gentle simmer and cook for about 20 minutes. Add salt and pepper to taste.
7. Note: stock may be substituted for water and the amount of salt reduced.