

Quinoa Soup with Corn

This simple soup has long been one of my favourite recipes for quinoa, a nutrient packed and intense flavoured grain that was the staple food in the South American Andes for thousands of years. As a grain, it has no rival for its nutritional value — not only does it have the highest and most complete protein profile of all grains, it has more calcium than milk and is a very good source of lysine, iron, phosphorus, B vitamins and vitamin E. Best of all, its slightly sweet and sour and nutty flavour makes it absolutely delicious, and this easy-to-make soup takes full advantage of all of its goodness.

Quinoa Soup with Corn

3 cups of water or vegetable broth

1/2 cup of quinoa

1/4 - 1/2 teaspoon of cayenne pepper

dash of cumin

dash of turmeric

1/2 teaspoon of celery seed

2 cloves of garlic, finely minced

1 small onion, finely chopped

1 small carrot, diced

1 small stalk of celery, finely chopped

1 cup of fresh or frozen corn

2 tablespoons of chopped parsley or cilantro

2 tablespoons of fresh lemon or lime juice

1 teaspoon of sea salt

Put the quinoa in a fine strainer and rinse well in water. Many people recommend rubbing the grains together while rinsing to reduce the slight bitterness found in the surface of the quinoa, but unless you're eating it plain I find this step to be unnecessary. Soak the quinoa in the water or broth overnight, where you'll find it starts sprouting amazingly quickly.

In a medium sized pot, bring the quinoa and soaking liquid, spices, celery seed, garlic, onion, carrots and celery to a boil. Reduce the heat and cook for about 10 minutes.

Add the corn and cook for another 3 minutes.

Next add the parsley or cilantro (parsley) and cook for another minute.

Remove from the heat and add the lemon or lime juice and the salt.

Can be served hot or cold.