

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Recipe for Carrot Top Soup

Vegan, Non-dairy, Gluten-free

Inspired by and adapted from a number of different recipes

Makes 8 cups

Active time: 20 minutes

Total time: 45 minutes

2 tablespoons olive oil

1 medium onion, ¼" dice, about 2 cups

4 cups ¼-inch sliced carrots (unpeeled if organic)

2 large cloves garlic, crushed

1 large bay leaf

2 four-inch sprigs fresh thyme

1 ½ teaspoons salt

6 twists freshly ground pepper

½ cup quinoa, washed and drained

7 cups vegetable broth

4 cups loosely packed carrot top leaves with fine stems, chopped

1/3 cup chopped fresh parsley

1/3 cup thinly sliced scallions

Optional garnish: a spoonful of pesto in each bowl

Place the oil in a large soup pot over medium heat. When hot stir in the diced onion. Cover the pot and cook about 5 minutes, stirring occasionally, until the onion is transparent. Remove the lid and stir in the sliced carrots, garlic and herbs. Sprinkle with the salt and ground pepper. Cover the pot and cook for another 5 minutes, stirring occasionally.

Stir in the quinoa. After 2 minutes, add the vegetable stock. Bring the soup to a boil. Reduce the heat so the soup simmers partially covered for 20 minutes.

Stir in the carrot tops, parsley and scallion. Bring the soup back to a boil, then cover the pot and turn off the heat. Let the soup sit for 5 minutes before uncovering. Adjust the salt and pepper to taste. Serve, garnished with an optional spoonful of pesto.