

## Vegetable Soup

Submitted by Kitty Clemens

## Mostly Green Stirfry

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(3-4 servings)

1 tbsp olive oil

2 cloves garlic, minced

2 cups onion, chopped

2 cups kale, chopped and packed

1 orange pepper, chopped

1 1/2 cup snow peas, chopped

2 cups asparagus, chopped

1 cup mushrooms, sliced

1/8 cup almonds, slivered

1/8 cup sunflower seeds

1 tbsp curry paste, mild

1 tsp basil

1 tsp oregano

Salt and pepper to taste

1 oz soy mozzarella cheese, shredded

1 cup quinoa

2 cups water

Rinse quinoa well and add water. Bring to a boil and simmer for 20 min.

Heat the olive oil and add the garlic

and onion. Stir while cooking until translucent. Add curry paste and blend well. Add the next 5 vegetables one by one, giving each about 2-3 min, to soften before adding the next vegetable.

Add the nuts, seeds, herbs and spices and stir well, giving it a chance to blend well and warm. Taste. Put quinoa on plate, add the stirfry and top with the cheese. A wonderful stirfry, high in dietary fiber, protein and lots of good nutrients.