

Whole Foods Quinoa Soup

Whole Foods Quinoa Soup recipe courtesy of Whole Foods Willowbrook and Allie Dwyer. Try serving this with Great Grandmother's Sesame Twist Bread, recipe provided by Mary Knoppe.



Whole Foods Quinoa Soup

Ingredients:

- 1/2 teaspoon fine sea salt
- 1 tablespoon safflower or canola oil
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, finely chopped
- 3 Roma tomatoes, chopped
- 1 red bell pepper, chopped
- 1 large turnip, peeled and cut into 1/2-inch pieces
- 1/2 cup quinoa, rinsed and drained
- 4 cups low-sodium vegetable or beef broth
- 2 tablespoons chopped fresh parsley

Directions:

- In a large saucepot, heat oil over medium-high heat until hot. Add onion and garlic and cook until golden and soft, 6 to 8 minutes. Stir in tomatoes, bell pepper, turnip, quinoa, broth, 2 cups water and salt. Bring to a boil over high heat.
- Reduce heat to medium-low, cover and cook until quinoa is cooked and vegetables are tender, about 20 minutes. Stir in parsley before serving.

Great Grandmother's Sesame Twist Bread

Ingredients:

- 1 1/4 cups whole milk
- 3 tablespoons honey
- 4 tablespoons butter
- 2 teaspoons salt
- 1 envelope dry yeast
- 1/4 cup warm water
- 4 cups flour, plus more for kneading
- 1 egg, slightly beaten
- Sesame seeds for topping

Directions:

- Combine milk with honey, butter and salt in a Pyrex measuring cup. Microwave for 1 minute, or until butter is melted. Cool until lukewarm. Dissolve yeast in 1/4 cup warm water, let proof for 5-10 minutes. In mixing bowl, combine the yeast, the cooled milk, honey and salt mixture and 1 beaten egg. Beat in 2 cups of flour to make a soft dough. Add remainder of flour, as needed, to make a smooth dough that does not stick.
- Knead about 5 minutes by hand, then place in a greased bowl. (Crisco or Pam.) Turn dough in bowl so all sides come in contact with the greased bowl. Cover with a clean towel and place in a warm place to rise for about an hour, or until doubled.
- Turn dough onto the table, punch down and knead until smooth. Divide dough into three equal parts. Roll and stretch each piece until about 15" long, then braid the three pieces, tuck in the ends. Place on a foil lined pan, cover with the cloth again, and let rise for another hour.
- Lightly beat the second egg with 1T water, and brush over the top of the bread. Sprinkle with the sesame seeds. Place on a foil lined baking sheet.
- Bake until golden brown, 30-40 minutes. Cool on wire rack.
- Optional - omit the sesame seeds, and work 3/4 cup raisins into the dough before adding the last 2 cups of flour for a sweet loaf.