

# Quinoa Vegetable Soup

Andrea Murdoch Recipe

Serves: 4

## Ingredients

1/4c heritage corn\*  
1/4c tepary beans\*  
2Tbsp vegetable oil  
1/3c onion, small dice  
1/3c carrot, small dice  
1/4c quinoa\*\*  
1Qt vegetable stock  
1/2c Winter squash, large grate  
1c leafy greens (baby kale, spinach, dandelion etc...)

## Instructions

- 1) Soak the tepary beans and heritage corn in water over night in the refrigerator. Strain off and bring four cups of water to a boil. Add 2 teaspoons of kosher salt to the water and add the beans and corn. Boil for about 45 minutes. The beans and corn will still have quite a bite to them but they will not be crunchy.
- 2) Heat the oil in a medium sauce pot and sauté the carrots and onions.
- 3) While the vegetables cook, rinse off the quinoa with cold running water. Shake off the excess water and add to the vegetables. This will dry and quickly toast the grain. About 5 minutes. Add the vegetable stock and allow to simmer until the quinoa is cooked. About 15 minutes.
- 4) While the quinoa cooks, grate the squash and thinly slice the greens of your choosing. Add into the soup during the last two minutes of cooking.
- 5) Taste for seasoning and adjust as necessary. You can add another pinch of salt or sumac here. Maybe a pinch of pepper.

\*You can substitute the tepary beans and heritage corn with canned or frozen corn and canned or dried beans.

\*\*You can replace the quinoa with wild rice for a different variation.

\*\*\*You can add garlic and chili peppers to the vegetables at the start of this dish for a different flavor profile.



# The Original Wedge Salad

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## Ingredients

4-2" wedges Winter squash (kuri, butternut, pumpkin etc...)  
3Tbsp vegetable oil  
2tsp chili powder  
1/2tsp sea salt  
2Tbsp maple syrup  
3c salad greens  
1/4c heritage corn\*  
1/4c tepary beans\*  
3Tbsp olive oil  
3Tbsp elderberry balsamic vinegar

## Instructions

- 1) Soak the tepary beans and heritage corn in water over night in the refrigerator. Strain off and bring four cups of water to a boil. Add 2 teaspoons of kosher salt to the water and add the beans and corn. Boil for about 45 minutes. The beans and corn will still have quite a bite to them but they will not be crunchy. Strain and cool.
- 2) While the beans and corn cook, cut your squash into four 2" wedges and scoop out all the seeds and fibrous guts. Coat squash with oil. Season with chili powder and sea salt. Roast in a 375F oven for 30 minutes or until tender to the touch. Lightly brush with maple syrup as they come out of the oven. Allow to cool for ten minutes.
- 3) Place the squash on your salad plate or platter skin side down so that the squash curves up like a "U". Arrange greens over each piece of squash to form an "X". Sprinkle corn and beans over the greens. Drizzle the dish with a little olive oil and elderberry balsamic vinegar. Season each salad with a tiny pinch of sea salt.

\*You can substitute the tepary beans with canned beans and heritage corn with fresh or frozen corn.

