

## Slow Cooker Super Energy Kale Soup

### Ingredients

1 cup quinoa  
2 (14.5) ounce cans petite diced tomatoes  
1 (15) ounce can Great Northern Beans  
1 small onion  
3 cloves garlic  
1/2 tsp. oregano  
1/2 tsp. basil  
1/4 tsp. rosemary  
1/4 tsp. thyme  
2 bay leaves  
4 cups vegetable broth  
1 lb. coarsely chopped kale  
Salt & Pepper to taste



### Instructions

1. Coarsely chop and massage kale.
2. Rinse quinoa.
3. Place quinoa, tomatoes, beans, onion, garlic, oregano, basil, rosemary, thyme, bay leaves into a 6 qt. slow cooker.
4. Stir in vegetable broth and 2 cups water until well combined: season with salt and pepper, to taste.
5. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.
6. Stir in kale until wilted at end.
7. Serve immediately.