**LIMA BEAN SOUP with QUINOA**

1-cup baby lima bean

1 cup chopped fresh shitake mushrooms

1 cup chopped portabella mushrooms

3 cups water

4 stalks of fresh dill finely chopped

1 large onion finely chopped

2 stalks of fresh parsley finely chopped

1 T of fresh sage finely chopped

1 large garlic crushed or very finely chopped

1 tsp cayenne pepper

2 T liquid amino or 1 vegetable bouillons

1 tsp sea salt optional or to taste

1 tsp agave

1 cup chopped baby red potatoes chopped

1/4-cup cold/expeller pressed oil

1 tsp toasted sesame oil

PREPARATION;

Soak Lima beans over night, throw out water, then pour in a pot of water and boil until tender, let cool and pour boiled beans with water into a blender and blend, pour blended lima bean into pot. If you like thick soup less water if you like thin soup pour more water use discretion! Remember after you pour stock in you may need to add more water.

STOCK: In a pot add 1/4-cup cold/expeller pressed canola, sunflower or safflower oil.

Once oil is hot first add garlic, onions, parsley, sage, let that sauté down,

Next add potatoes, cover pot for 5 mins and let that marinate

Lastly add mushrooms, cayenne pepper vegetable bouillon or liquid amino.

Cover pot again and let everything marinate for 10 mins.

Pour stock into blended Lima beans mixture

Add agave/ Toasted Sesame Oil sea salt (optional) generally not needed

let soup simmer under medium heat for 20 to 30 mins.

Serve with salad or on your favorite grain.

**Quinoa:**

1 cup to 1 3/4 cup water or 1 cup to 2 cups water (depending

on if you like it grainy or softer)

Rinse grain, pour in pot and toast, once water dry up add water, 1 tsp sea salt, 1 stalk fresh rosemary and 1 tsp olive oil, cover under medium heat for 20 mins