



yum!

# Meatballs, Mung Beans & Quinoa SOUP

## INGREDIENTS

**500g organic beef mince**  
**3-4 tbs flour (any general purpose flour or a gluten-free flour)**  
**2 carrots, cut into small pieces**  
**1 brown onion, chopped**  
**1 stalk celery, cut**  
**3 tablespoon Mung Beans**  
**4 tbs White Quinoa**  
**Salt and Black Pepper**  
**Fresh parsley**  
**Lemon Juice**

## METHOD

1. Put the flour into a large deep plate.
2. With your hands roll the mince into small size balls (like bonbons).
3. Roll the mince balls into the flour to coat evenly.
4. Bring water to boil in a medium size cooking pot. When the water is boiling, slowly add all mince balls.
5. Add the onion, carrot and celery. Lower the heat and allow to cook for about 30 minutes.
6. Add the quinoa and mung beans and cook for another 20 minutes.
7. Add salt and black pepper to taste.
8. Garnish with finely chopped fresh parsley.

**Serve with freshly squeezed lemon juice (or Apple Cider Vinegar) with or without bread of your choice.**

**ORGANIC**  
*choice*