

CREAMY ITALIAN QUINOA SOUP

SOUP PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES TOTAL TIME: 40 MINUTES

SERVINGS: 6

Nutrition: Per serving: 387KCAL

Calories: 387, Protein 15g, Carbs 51g, Fat 14g –(saturated fat 5g), Fiber 11g, Sugar 5g,

INGREDIENTS

- 2 Tablespoons olive oil
- ½ medium onion diced
- 3 medium carrots peeled and diced
- 2 stalks celery diced
- 4 garlic cloves minced
- 4 cups bone broth, or chicken broth or vegetable stock (use more for a more brothy soup)
- 15- ounce can chickpeas drained & rinsed—
(I prefer to use ¾ cup dry beans and soak overnight then cook on stovetop)
- 1 cup quinoa uncooked, rinsed well in a fine mesh colander
- 14.5- ounce can diced tomatoes undrained—or use fresh(I prefer chopped fresh tomatoes)
- 1 8- ounce can tomato sauce—or use 3 TBSP tomato paste add 8 oz water
- 1 Tablespoon Italian seasoning
- Pinch red pepper flakes
- 2 cups fresh spinach coarsely chopped—I used 1 cup spinach and 1 cup chopped kale
- 1 ½ cups half and half or 2 % milk
- Salt and pepper to taste
- Parmesan cheese for topping



INSTRUCTIONS

1. Heat oil in a large saucepan or dutch oven over medium-high heat. Add onion, carrots, celery and garlic and season with salt and pepper. Saute, stirring occasionally, for 5-7 minutes or until the vegetables are soft.
2. Add stock, chickpeas, quinoa, tomatoes, tomato sauce, and Italian seasoning to the pot and stir to combine. Season with salt and pepper. Bring to a boil, reduce heat and simmer, partially covered, for 20-25 minutes.
3. When ready to serve, stir in spinach and cream. Taste and adjust seasonings as necessary.
4. Divide into bowls and top with grated Parmesan.

NOTES: Store this quinoa soup in the refrigerator for up to 3 days, or freeze it for up to a month.