

Recipe

Chickpea and Quinoa Soup

Servings: 5

Estimated Cost: \$ 8.00-\$10.00

Grocery List: Cooking oil, onion, garlic, carrots, broccoli, potatoes, dried thyme, quinoa, chickpeas, low sodium vegetable broth, salt, pepper

Equipment Needed: Knife, cutting board, big cooking pot with lid, mixing spoon, stove top

Ingredients

- 2 tbsp cooking oil (for example, canola, olive, or coconut oil)
- 1 medium onion, finely chopped
- 2-3 cloves garlic, finely chopped
- 1 cup carrots, finely chopped
- 1 cup broccoli, cut into bite size florets
- 1-2 medium potatoes, chopped into bite size pieces
- 1 cup chickpeas, pre-soaked and rinsed
- 1 cup quinoa, rinsed and drained
- 6 cups low sodium vegetable broth
- 1 tsp dried thyme (optional)
- Salt and pepper to taste

Nutrition Facts

Serving size: 2 cups

Servings: 5

Amount per serving

Calories **392**

% Daily Value*

Total Fat 10.1g 13%

Saturated Fat 1.3g 7%

Cholesterol 0mg 0%

Sodium 504mg 22%

Total Carbohydrate 63.4g 23%

Dietary Fiber 11.9g 42%

Total Sugars 8.3g

Protein 14.3g

Vitamin D 0mcg 0%

Calcium 85mg 7%

Iron 5mg 25%

Potassium 880mg 19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Method of Preparation

1. In a medium cooking pot over medium heat add the oil. Reduce heat to a low and add the onion, garlic, and carrots. Cook for 3-5 minutes, or until fragrant.
2. Add the remaining ingredients and bring to a boil. Reduce heat to low, cover with a lid, and let simmer for 30-45 minutes, or until the chickpeas are tender. Enjoy!

*Can stay fresh in your refrigerator for 5 days, or in the freezer for up to 3 months.