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

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.