

# Creamy Italian Quinoa Soup



## 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 chicken broth or vegetable stock (use more for a more brothy soup)
- 1 15- ounce can chickpeas drained & rinsed
- 1 1/4 cup Bob's Red Mill Organic Quinoa rinsed well in a fine mesh colander
- 1 14.5- ounce can diced tomatoes undrained
- 1 8- ounce can tomato sauce
- 1 Tablespoon Italian seasoning
- Pinch red pepper flakes
- 2 cups fresh spinach coarsely chopped
- 1 ½ cups half and half or heavy cream
- Salt and pepper to taste
- Parmesan cheese for topping

## Info

- **Prep:** 10
- **Cook:** 30
- **Serves:** 6
- [Source](#)

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## Directions

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.

[soup](#), [quinoa](#), [chickpeas](#), [onion](#), [carrot](#), [celery](#), [stock](#), [tomato](#), [tomato sauce](#), [spinach](#), [heavy cream](#), [parmesan](#)

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