

Vegetable Quinoa Soup

Source: www.realsimple.com

Cook **Total**

1 hr 1 hr

Yield: Makes 8 quarts, serves 16

Serving: 16

Here is a hearty fall soup that can be adjusted for the seasons:

*Add barley, brown rice, lentils, or mung beans to change things up.

*Replace the parsnips with sweet potatoes or corn or asparagus in the spring and add them in the last 5 minutes.

Freeze in individual portions.

Ingredients

1 ½ cups **quinoa**

¼ cup **olive oil**

6 **carrots** *diced*

6 **stalks celery** *diced*

4 large **onions** *diced*

4 **parsnips** *diced*

kosher salt and black pepper

1 **102-ounce can diced tomatoes** *(or four 28-ounce cans)*

1 bunch **kale** *thick stems discarded and leaves chopped (about 8 cups)*

2 **15.5-ounce cans chickpeas** *rinsed*

Directions

Cook the quinoa according to the package directions.

Meanwhile, heat the oil in a large pot or Dutch oven. Add the carrots, celery, onions, parsnips, 1 teaspoon salt, and 1/2 teaspoon pepper. Cook, covered, stirring occasionally, until the vegetables begin to soften, 20 to 25 minutes.

Add the tomatoes (and their juices) and 8 cups water. Simmer, stirring occasionally, until the soup has slightly thickened and the vegetables are tender, 45 to 60 minutes.

Add the kale and simmer, stirring occasionally, until it is tender, 5 to 6 minutes. Stir in the chickpeas and cooked quinoa and cook until heated through, about 3 minutes.

Nutritional Information

Amount Per Serving (16 Servings)

Calories: 228 **Protein:** 7 g **Carbohydrate:** 43 g **Fat:** 5 g **Cholesterol:** 0 mg **Sodium:** 461 mg **Fiber:** 11 g

