SOUPS & SUPPERS

Quinoa Vegetable Medley

Toasted quinoa, chickpeas, and vegetables simmered together.

Serves 4

Ingredients

Olive oil, as needed

1 sweet onion, chopped

3 cloves garlic, minced, or to taste

1 cup quinoa, rinsed

1¼ cups vegetable broth

1 small zucchini, chopped

1 cup sliced mushrooms

2 stalks celery, chopped

1 tsp ground black pepper

½ tsp sea salt

1 cup baby spinach

1 can (15 oz) chickpeas, drained and rinsed

Directions

1. Warm the oil in a large saucepan on medium. Cook the onion for about 5 minutes, until translucent.
2. Stir in garlic and quinoa. Lower heat to medium-low and toast for 5–7 minutes, stirring, until fragrant.
3. Slowly stir in broth. Bring to a boil on medium heat, add zucchini, mushrooms, celery, salt, and pepper. Simmer on medium-low for about 15 minutes.
4. Add spinach and chickpeas. Simmer 10–15 minutes more, until the quinoa is tender.