



CHICKPEA QUINOA AND RED PEPPER SOUP

Yield: 5 Servings

Ingredients

- 1 cup
- 1 cup
- ½ cup
- ½ cup
- 1 ½ teaspoons
- 1 ½ teaspoons
- ½ cup
- ½ cup
- 1 ¾ cups
- 1 cup
- 3 teaspoons
- 3 teaspoons
- 1 cup
- 1 ½ teaspoons
- ¼ teaspoon
- Cooked Quinoa
- Yellow Onion, diced
- Fresh Carrot, diced
- Fresh Celery, diced
- Garlic Cloves, minced
- Smoked Paprika
- Green Bell Peppers, diced
- Red Bell Peppers, diced
- Chickpea, drained and rinsed
- Vegetable Broth
- Canola Oil
- Red Wine Vinegar
- Water
- Fresh Parsley, finely chopped
- Black Pepper

Nutrition Facts

Serving size	8 oz. (229 g)
Amount per serving	
Calories	145
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 356mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	15%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 346mg	8%

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

Procedures

1. Prepare quinoa according to package instructions and reserve.
2. In a large pot, add oil and cook onions, carrots and celery. Cook for 5-6 minutes, stirring occasionally.
3. Add garlic, paprika and pepper, stirring for 1-2 minutes. Add peppers and cook, stirring occasionally for another 5 minutes.
4. Add chickpeas, vegetable broth, water and bring to a boil. Reduce the heat and simmer until vegetables are tender, about 10 minutes. Stir in the vinegar and cooked quinoa. Enjoy!

