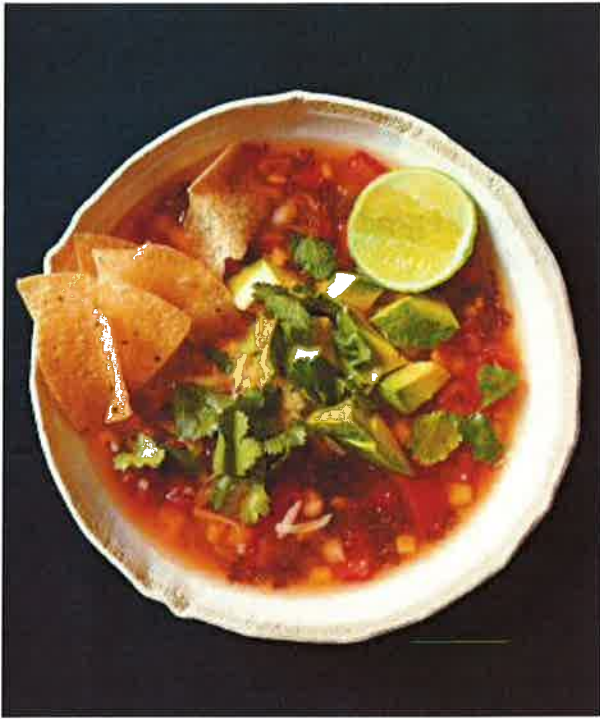


## Chickpea and Quinoa Tortilla Soup



Marcus Nilsson

Rating: **Good**

Hands-On Time : 15 minutes | Total Time : 25 minutes | Serves 6

### Ingredients

- 3 tablespoons olive oil
- 1 red onion, chopped
- 3 cloves garlic, chopped
- Kosher salt and black pepper
- 8 cups low-sodium vegetable broth
- 1 cup red quinoa
- 2 15.5-ounce cans chickpeas, rinsed
- 1 cup corn kernels (frozen)
- 3 tomatoes, chopped
- 1/3 cup chopped fresh cilantro
- 1 avocado, sliced
- Grated Cheddar, lime wedges, and tortilla chips, for serving

### Directions

1. Heat the oil in a large pot over medium-high heat. Add the onion, garlic, and 1/2 teaspoon each salt and pepper. Cook, stirring, until soft, 4 to 6 minutes. Add the broth and quinoa and bring to a boil. Reduce heat and simmer until the quinoa is tender, 10 to 12 minutes. Add the chickpeas, corn, and tomatoes. Cook until the vegetables are warmed through, 2 to 3 minutes.
2. Serve the soup topped with the cilantro, avocado, Cheddar, lime wedges, and chips.

By Charlyne Mattox | February 2015

### Nutritional Information

#### Per Serving

**Calories** 490

**Fat** 2 g (2g saturated fat)

**Cholesterol** 0 mg

**Sodium** 670 mg

**Carbohydrate** 71 g

**Sugar** 8 g

**Fiber** 9 g

**Iron** 4 mg

**Calcium** 108 mg

What does this mean? See Nutrition 101  
(<http://www.realsimple.com/nutrition-101>).

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