

Butternut Squash, Chickpea & Spinach soup

Ingredients

- 2 tbsp extra virgin olive oil
- 1 large yellow onion, diced
- 3 cloves garlic diced
- 5 cups cubed and peeled butternut squash
- 3 1/2 cups cooked chickpeas (or two 15 oz. cans chickpeas, drained and rinsed)
- 9 cups chicken or vegetable stock
- 1/2 cup quinoa
- 1-2 tbsp cumin
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- Pinch cayenne
- 1/2 tsp Salt (or to taste)
- 3 cups fresh spinach leaves
- 2 cups cooked brown rice

Instructions

1. In a large pot, heat up olive oil over medium. Add the onion & garlic and sauté for about 10 minutes till softened.
2. Add the butternut squash and cooked chickpeas to the pot.
3. Cover with chicken/vegetable stock. Bring to a boil, then reduce to a simmer.
4. Stir in the quinoa, cumin, turmeric, cinnamon, cayenne, and of salt.
5. Cover the pot, lid slightly vented. Let the soup cook for 20-25 minutes, till the squash is tender.
6. Take the lid off and stir in the fresh spinach leaves & cooked brown rice. Let them simmer for 1-2 minutes till softened and wilted. Remove from heat.

Adapted from

<https://toriavey.com/toris-kitchen/vegan-butternut-squash-soup-with-chickpeas-and-spinach/>

Enjoy! 😊