

Quinoa Minestrone with Kale & Crispy Italian-Spiced Chickpeas



35 minutes | 2 servings

Find cookware

[baking sheet pan](#)
[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater](#)
[large pot](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[oven mitts](#)
[stirring spoon](#)
[vegetable peeler](#)

Grab ingredients

2 medium	carrots
2 sticks	celery
32 fl oz	chicken or vegetable broth
½ (14.5 oz) can	diced tomatoes
1 (15 oz) can	garbanzo beans (chickpeas)
2 cloves	garlic
½ small bunch	Italian (flat-leaf) parsley
½ bunch	kale
1	leek
½ oz	Parmesan cheese
½ cup	quinoa
	black pepper
	crushed red pepper
	extra virgin olive oil
	Italian seasoning
	salt

Cook & enjoy

- 1 Preheat oven to 450°F.
- 2 Drain and rinse chickpeas. Place on paper towels and pat dry; transfer to a medium bowl. Add oil and spices to the bowl and toss to combine.
 - 1 (15 oz) can garbanzo beans (chickpeas)
 - 1 tbsp extra virgin olive oil
 - 1 tsp Italian seasoning
 - ⅛ tsp salt
 - ⅛ tsp black pepper
- 3 Transfer chickpeas to a baking sheet and spread out in an even layer. Place in the oven (it doesn't have to be fully heated) and bake, stirring halfway through, until crispy, about 20 minutes. Reserve bowl for later use.
- 4 Meanwhile, wash and dry the fresh produce.
 - 1 leek
 - 2 medium carrots
 - 2 sticks celery
 - ½ bunch kale
 - ½ small bunch Italian (flat-leaf) parsley
- 5 Trim off the root ends and the dark green top of the leek, leaving only the white and pale green parts. Cut the leek in half lengthwise and rinse under running water, separating the layers to remove any dirt and grit. Slice crosswise into ½-inch half-moons; transfer to the medium bowl.
- 6 Peel, trim, and slice carrots into ¼-inch rounds. Trim celery and slice crosswise into ¼-inch pieces. Transfer both to the bowl with the leeks.
- 7 Preheat a large pot over medium-high heat.

- 8 Once the pot is hot, add oil and swirl to coat the bottom. Add leeks, carrots, celery, and spices to the pot; cook, stirring occasionally, until vegetables begin to soften slightly, 2-3 minutes.
 - 1 tbsp extra virgin olive oil
 - ½ tsp Italian seasoning
 - ¼ tsp salt
 - ¼ tsp crushed red pepper
- 9 Peel and mince garlic.
 - 2 cloves garlic
- 10 Add garlic, broth, tomatoes, and quinoa to the pot and stir to combine; increase the heat to high and bring the liquid to a simmer. Once simmering, reduce the heat to medium-low, cover the pot with a lid, and cook for 7 minutes.
 - 32 fl oz (4 cups) chicken or vegetable broth
 - ½ (14.5 oz) can diced tomatoes
 - ½ cup quinoa
- 11 Fold kale leaves in half lengthwise and slice off the stems. Chop or tear leaves into bite-sized pieces. Add kale to the pot and cook until kale is soft and quinoa is cooked through, about 7 more minutes.
- 12 Shave parsley leaves off the stems; discard the stems and mince the leaves.
- 13 Finely grate Parmesan.
 - ½ oz Parmesan cheese
- 14 To serve, divide the soup between bowls. Top each bowl with a pile of crispy chickpeas; garnish with parsley, Parmesan, and crushed red pepper. Enjoy!
 - ½ tsp crushed red pepper