PERUVIAN · LUNCH · DINNER

Chupe de Quinua (Peruvian Quinoa and Vegetable Soup)

50 min · Serves 6 · 454 kcal a serve · Video 3:33 · Sabroso

Vegetarian · Gluten-free ingredients · No nuts listed

Quinoa, broad beans, eggs and fresh cheese give each serve about 19 g of protein and 9 g of fibre, with pumpkin, corn and potato making it a filling vegetarian meal in one pot.

Diet notes: Low saturated fat (5 g, 9.9% of the energy).

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Ingredients 17 · SERVES 6

- [ ] 2 tbsp **oil**
- [ ] 1 **onion**, finely diced
- [ ] 1 tbsp minced **garlic**
- [ ] 4 tbsp **ají panca paste**
- [ ] **salt**, to taste (about 1 tsp)
- [ ] **black pepper**, to taste
- [ ] 1 **tomato**, seeds removed, diced
- [ ] 3¼ quarts **water**
- [ ] 9 oz **quinoa**, washed
- [ ] 1 sprig **huacatay** (Peruvian black mint), plus a little chopped to finish
- [ ] 9 oz **zapallo** (pumpkin), cut into strips
- [ ] 1 **choclo** (corn cob), cut into rounds
- [ ] 2 **potatoes**, cut into pieces
- [ ] 1 cup **habas** (fresh broad beans)
- [ ] ¼ cup **green peas** (arvejas)
- [ ] 5 oz **queso fresco**, cubed
- [ ] 4 **eggs**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a large pot and sauté the onion, then add the garlic and ají panca paste, season with salt and pepper and fry for a few minutes. Add the diced tomato and cook until soft. 0:41
2. Pour in 3¼ quarts of water, add the washed quinoa and the huacatay sprig, cover and bring to a boil. 1:17
3. Add the pumpkin, remove the huacatay, then add the corn rounds, potatoes, broad beans and peas and simmer until everything is tender, about 20 minutes. Adjust the salt. 1:51
4. Stir in the cubed queso fresco, then crack in the eggs and let them cook in the hot soup. 2:22
5. Stir in a little chopped huacatay and serve hot. 2:58

> **Tip** Serves 6 (our estimate). Huacatay can be replaced with a mix of mint and coriander, ají panca paste with a mild red chilli paste, and queso fresco with feta or paneer.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
454 kcal	**19** g	**57** g
1,900 kJ	38% of a day	48 g net · 7.1 g sugars
		21% of a day

FIBRE	FAT	SODIUM
9 g	**17** g	**720** mg
32% of a day	5 g saturated	31% of a day
	22% of a day	

Energy from net carbs 46% · protein 18% · fat 36%

High in (20%+ of a day) Vitamin A 41% · Omega-3 40% · Selenium 36% · Magnesium 34% · Vitamin B6 34% · Vitamin B12 33% · Folate 32% · Vitamin C 30% · Zinc 29% · Iron 23% · Potassium 20%

Source of (10–19%) Vitamin E 19% · Calcium 17%

Recipe and video: Sabroso (@SabrosoRecetas) on YouTube — youtube.com/watch?v=YYiHT_CFQIU, published 9 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chupe-de-quinua-peruvian-quinoa-soup