

Hearty Quinoa and White Bean Soup

Recipe from [Mary McCartney](#).

Adapted by [Jeff Gordinier](#)



Craig Lee for The New York Times

Time 45 minutes

1

Rating 4 ★★★★★ (2182)

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INGREDIENTS

Yield: 6 servings (about 2½ quarts)

¼ cup light olive oil

2 medium onions, finely chopped

2 medium carrots, peeled and finely chopped

Soup doesn't have to be loaded with meat to be deeply satisfying. This one from Mary McCartney, devoted vegetarian, cookbook author and a daughter of Paul, is proof of that fact.

Quinoa adds a lovely bit of texture, and beans – practically any variety will do – add heft and a wonderful creaminess as they break down in the broth. This recipe begs to be tampered with, so feel free to add more beans, vegetables, quinoa or fresh herbs. One reader even added a few cups of cooked pasta. It's almost impossible to mess up, so don't hold back. —**Jeff Gordinier**

Featured in: [A Warm, Messy Take on Meatless](#)

🕒 Learn: [How to Cook Beans](#)

PREPARATION

Step 1

Heat oil in a large, heavy-bottomed saucepan over medium heat. Add onions, carrots and celery, and sauté until barely tender, about 5 minutes. Add beans and garlic and stir for 2 minutes.

Step 2

- 2 stalks celery, trimmed and finely diced
- 1 can (14½ ounces) cannellini or other white beans, drained
- 2 cloves garlic, finely chopped
- 1 can (14½ ounces) chopped tomatoes, with their juices
- 7 cups vegetable stock
- ⅓ cup quinoa
- ¼ cup chopped parsley
- 1 tablespoon chopped fresh oregano, rosemary or thyme
- 1 bay leaf
- Sea salt and ground black pepper

Stir in tomatoes and their juices, and vegetable stock. Simmer for 20 minutes.

Step 3

Add quinoa, parsley, oregano or other herb, and bay leaf. Cover and simmer until quinoa is cooked, 12 to 15 minutes. Season with salt and pepper to taste. Remove bay leaf and serve.

Add to Your Grocery List

Ingredient Substitution Guide

[Nutritional Information](#)

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