

# Chickpea Lentil Quinoa Spinach Stew

Prep: 20 minutes • Cook: 25 minutes

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*A fragrant, Indian-inspired one-pot stew where a silky spinach–tomato purée simmers with lentils, quinoa, and chickpeas for deep, curry-warmed flavor. It's hearty, protein-packed, and finished with crunchy cashews and cool, creamy dairy-free yogurt.*

## Ingredients

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- 1/4 cup red lentils
- 1/4 cup quinoa
- 15 oz can (or 1 1/2 cups cooked) chickpeas
- 1 teaspoon oil (or sauté in broth for oil-free)
- 1/2 cup red onion (finely chopped or thinly sliced)
- 1 green chili (finely chopped; optional)
- 1 teaspoon garam masala (or more to taste)
- 1/4 teaspoon cinnamon powder
- 1/4 teaspoon cardamom powder
- 1/2 teaspoon cumin powder
- 2 large tomatoes
- 2 cups spinach (packed; more for greener soup; about 3 oz if using frozen)
- 3 cloves garlic
- 1 inch ginger
- 1/4 teaspoon black peppercorns (or use cracked black pepper later)
- 2 cups water or vegetable stock (divided)
- 3/4 teaspoon salt (or to taste)
- 1/2 teaspoon raw sugar (or other sweetener)
- 2 tablespoons cashews (chopped; omit for nut-free)
- for garnish non-dairy yogurt (optional)
- for garnish non-dairy cream (optional)
- for garnish crushed red pepper flakes (optional)
- for garnish hemp seeds (optional)
- as needed non-dairy milk (optional; to thin for soupier consistency)

## Instructions

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1. Rinse and drain the red lentils and quinoa; drain the chickpeas and set aside.
2. Heat the oil in a deep skillet over medium heat. Add the red onion and green chili and sauté for 5 minutes until

softened.

3. Stir in the garam masala, cinnamon, cardamom, and cumin; cook for 1 minute until fragrant.
4. Meanwhile, blend the tomatoes, spinach, garlic, ginger, and black peppercorns with 1/2 cup water (or stock) into a smooth purée.
5. Pour the spinach–tomato purée into the skillet and mix well.
6. Add the lentils, quinoa, and chickpeas; stir to combine.
7. Add salt, sugar, and the remaining 1 1/2 cups water (or stock). Mix, cover, and cook for about 20 minutes, stirring once midway, until lentils and quinoa are tender.
8. Stir in the chopped cashews. Taste and adjust salt and spices. Add water or non-dairy milk as needed for a soupier consistency and bring back to a gentle boil.
9. Serve hot with desired garnishes (non-dairy yogurt or cream, crushed red pepper flakes, extra cashews or hemp seeds) and bread, crackers, flatbread, or naan for dipping.

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**Tags: High Protein, Indian, Vegan, Gluten Free, One Pot, Stew**

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