

Easy Spicy Gochujang Vegetable Soup with Chickpeas and Tofu

Prep: 10 minutes • Cook: 20 minutes

A boldly savory, gently spicy gochujang broth cradles hearty vegetables, chickpeas, tofu, and orzo for a cozy one-pot meal. Layers of umami and warmth meet fresh greens and herbs for a deeply satisfying vegan soup.

Ingredients

- 2 tablespoons olive oil
- 1 large onion (diced)
- 3 carrots (sliced)
- 1 bell pepper (diced)
- 1 medium sweet potato (peeled and cubed)
- 1 medium potato (peeled and cubed)
- 1 can chickpeas (drained and rinsed)
- 7 oz tofu (firm, cubed)
- 3/4 cup orzo
- 2-3 tablespoons gochujang (adjust to taste)
- 2 tablespoons nutritional yeast
- 3 cloves garlic (minced)
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon chili flakes (optional)
- to taste salt
- to taste black pepper
- 2 cups spinach (fresh)
- 6-7 cups vegetable broth
- to taste fresh herbs (parsley, cilantro, or green onions) (for serving)

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion; cook 3–4 minutes until soft and translucent.
3. Stir in minced garlic, sliced carrots, and diced bell pepper; cook until fragrant.
4. Add peeled, cubed sweet potato and potato; season with smoked paprika, ground cumin, chili flakes, salt, and black

pepper; stir to coat.

5. Whisk gochujang with a splash of warm vegetable broth to loosen, then stir into the pot.
6. Pour in vegetable broth; bring to a gentle boil, then reduce heat and simmer until the potatoes are fork-tender.
7. Stir in chickpeas, tofu, nutritional yeast, and orzo; simmer, stirring occasionally, until the orzo is tender.
8. Add spinach; cook just until wilted. Taste and adjust seasoning.
9. Ladle into bowls and garnish with fresh herbs; serve hot.

Tags: Soup, Vegan, One Pot, Spicy, Tofu, Korean-Inspired

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