

# One-Pot Italian Quinoa with Tomatoes & Basil

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-quinoa-italian-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 2 garlic cloves minced, about 1 tablespoon
- 1 shallot small, minced, about 2 tablespoons
- 1 tablespoon Italian seasoning
- 1 cup quinoa uncooked
- 1/4 cup San Marzano tomatoes Tuttorosso chopped
- 1 cup vegetable broth
- 3/4 cup water or more broth
- 1/4 cup tomato juice from the Tuttorosso can
- 1 cup spinach chopped
- 15 ounces white beans
- 1/2 cup fresh basil
- 2 tablespoons nutritional yeast optional
- salt
- pepper

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 61 grams
3. Fat: 7 grams
4. Fiber: 11 grams
5. Protein: 18 grams
6. SaturatedFat: 1 grams
7. Sodium: 460 milligrams
8. Sugar: 2 grams

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