

## Mediterranean Chickpea Soup

A quick, healthy and filling soup with some great nutrition & flavour that will keep you full and satisfied.

Preparation Time: 5 min.

Cooking Time: 25 min.

Servings: 4

Amount	Ingredient	Cost - date:
2 cans (28 oz)	Chickpeas, drained	
1 can (14 oz)	Tomatoes, canned, diced	
2 1/2 cups (600 mL)	Vegetable Broth	
1 cup (7 oz)	Frozen Spinach (or kale or swiss chard)	
1 cup	Celery, diced	
1 cup	Onion, diced (1 large onion)	
1 cup	Carrots, diced (about 2 medium carrots)	
1 large	Garlic clove, minced or pressed	
1 tsp	Paprika	
1 tsp	Dried Oregano	
2-3	Bay Leaves (Optional)	
1/2 Tbsp	Flour, heaped (OR GF flour)	
1/2 tsp	Fine Salt, plus more to taste	
1/8 tsp	Black Pepper, plus more to taste	
1	Lemon, juice (Optional)	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Warm the olive oil in a large soup pot over medium heat. Once the oil is shimmering, add the diced onion, carrot, and celery. Cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
2. Add the garlic, paprika, oregano and bay leaves. Cook until fragrant while stirring frequently, about 1 minute.
3. Add the chickpeas, and cook for another minute, stirring often.
4. Pour in the diced tomatoes, the frozen spinach, the broth and 1/2 tsp of salt. Raise the heat and bring the mixture to a boil, then cover the pot, reduce heat and cook gently for 10 minutes.

5. In the meanwhile, dissolve 1/2 heaped Tbsp of flour into 1/2 cup of cold water, mix to a smooth consistency and stir in the soup. Stir well and cook for a further 5 minutes. Remove the pot from heat, then remove the bay leaves. Taste and season with more salt, pepper and lemon juice until the flavours really sing. (You might need more salt, depending on your vegetable broth and your personal preferences.) Freezes well.
6. Divide into bowls, drizzle with extra virgin olive oil and some chili flakes if you'd like.

SOURCE: [theclevermeal.com/mediterranean-chickpea-soup/](http://theclevermeal.com/mediterranean-chickpea-soup/)

Notes:

You can make your own vegetable broth by cooking for about 5-10 minutes vegetable scraps and herbs. However, if you're short on time you can use **hot water and vegan low salt vegetable broth cubes**.

- **If you use a broth that tastes quite salty on its own**, it's important to adjust the seasoning at the end and not at the beginning as you never really know how strong the salt from the broth is. You could start only with 1/2 tsp, no more than that.
- **Leftover:** it keeps well in the fridge for up to 3 days. It's also **freezable:** divide among airtight containers (leaving 1-inch space at the top), and freeze up to 2 months.
- **Lemon juice:** although optional, a small amount of lemon juice added at the end of cooking brightens flavours, especially in tasty bean soups. Start with a little bit of acid, taste and adjust, until your soup tastes balanced and bright.
- **Veggies:** If you prefer, you could swap the spinach for other greens, such as chopped kale or chard.
- **Frozen spinach:** the weight is from frozen, but you can swap frozen spinach for a 10-oz bag of fresh spinach if you prefer.

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**