



Eating well for you, our animal friends, and the planet

Moroccan Spiced Chickpea Soup

--Shared by the Really Beneficial Sangha

This recipe was a HUGE hit at one of our sangha potlucks. Another great way to get your daily beans!

Ingredients

¼ cup extra-virgin olive oil (or less if you want a less rich, healthier soup)
1 large onion, medium dice
6-8 cloves of garlic, pressed
1 tsp ground cinnamon
1 tsp ground cumin
1/8 tsp cayenne pepper
1 heaping teaspoon sweet paprika
1 (14.5-oz) can chopped tomatoes
3 (15-oz) cans of chickpeas, drained and rinsed well
1 quart vegetable broth
1 tsp sugar
Salt and Freshly ground black pepper
1 (5-oz) package or bunch of baby spinach

- Heat olive oil in large pot over medium-high heat.
- Add onion and garlic and sauté until the onion begins to turn translucent; lower the heat if they start to brown.
- Add spices and sauté for a minute.
- Add tomatoes, chickpeas, broth, and sugar.
- Season with a couple pinches of salt and 10 grinds of fresh pepper. Stir well.
- Chickpeas should be just covered with liquid. If level is shy, add some water to cover them.
- Bring to a simmer, then lower heat to low and gently simmer for 45 mins.
- Remove from heat.
- Use a potato masher to mash up some of the chickpeas right in the pot. You can also put half in a blender and process if you like a smoother soup.
- Stir in the spinach and let heat through until wilted, just a couple of minutes.
- Season again, to taste, with salt and pepper.
- Serve and share!