

Spring Spinach & Chickpea Soup

Nutritional information on back.



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Spring Spinach & Chickpea Soup

- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 medium onion, coarsely chopped
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- ½ - 1 tsp. ground cardamom, as desired
- Ground cayenne pepper to taste
- 5 cups low-sodium chicken stock (use vegetable stock for a vegetarian version of the recipe)
- 3 medium red potatoes, chopped into roughly bite sizes
- 1 (15-ounce) can chickpeas, drained
- 1/2 pound fresh pre-washed baby spinach, rinsed and roughly chopped
- ½ cup cilantro, chopped
- Salt and pepper to taste



Heat oil in large pot over medium heat. Stir in garlic and onion. Season with cumin, coriander, cardamom and cayenne pepper. Cook until translucent, 5 minutes. Mix stock, potatoes and chickpeas into pot. Bring to a boil. Reduce heat. Simmer until potatoes are tender, about 20 minutes. Stir the spinach and cilantro into the soup. Season with pepper and salt to taste. Cover and turn off heat. The spinach will wilt; be careful not to overcook. Makes 6 servings.

Nutritional information per serving

210 calories, 3.5 g total fat (0 g saturated fat), 37 g carbohydrate, 9 g protein, 6 g dietary fiber, 620 mg sodium.