

Moroccan Tomato and Chickpea Soup



Licking Memorial Hospital | Culinary Services

Moroccan Tomato and Chickpea Soup

(Serves 4)

Ingredients

- 4 Tbs extra-virgin olive oil
- 1 yellow onion (chopped)
- 2 carrots (chopped)
- 4 stalks celery (chopped)
- 2 Tbs fresh ginger (chopped)
- 4 cloves garlic (minced)
- 1 (28 oz) can diced tomatoes
- 2 cups low sodium vegetable broth
- 1 (15-ounce) can chickpeas (drained and rinsed)
- 1/4 cup lemon juice
- 2 Tbs chopped cilantro
- 2 tsp paprika
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin

Directions

Add olive oil to a Dutch oven or medium pot over medium-low heat. Add onions, carrots, celery, ginger, garlic, and a pinch of salt and pepper. Cook until vegetables are soft and fragrant. Add paprika, cinnamon, cumin and canned tomatoes with their juices, vegetable broth, and lemon juice. Cook uncovered for 10 minutes. Purée using an immersion blender or a upright blender (working in batches), then add chickpeas and cilantro. Cook covered for 20 minutes or until chickpeas are tender. Season with salt and pepper to taste.