

Chickpea & Leek Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 8 ounces

| Ingredients | Quantity | Measure |
|---------------------------------|----------|-------------|
| Olive oil | 2 | tablespoons |
| Leeks, chopped, white part only | 2 | each |
| Garlic, minced | 2 | cloves |
| Onion, chopped | 1 | cup |
| Carrots, medium diced | 1 | cup |
| Vegetable broth | 1 | quart |
| Chickpeas, or green chickpeas | 2 | cups |
| Basil, chopped | ½ | cup |
| Salt | 1 | teaspoon |
| Pepper | 1 | teaspoon |

Preparation

1. Put olive oil in a pot and warm over medium heat.
2. Add leeks, garlic, onions and carrots. Sauté for 3-4 minutes.
3. Add broth and bring to a boil.
4. Add chickpeas, basil, salt and pepper. Boil for 5 minutes.
5. Reduce chickpeas to a simmer for another five minutes.
6. Drain and set chickpeas and vegetables aside, reserving broth to thin soup.
7. In a food processor or blender, puree the chickpea vegetable mixture. Add broth until you reach desired consistency.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 97 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13g Fiber: 3g Total Sugar: 5g Protein: 4g Sodium: 661mg
Vitamin A: 173µg Vitamin C: 20mg Calcium: 45mg Iron: 1mg Folate: 52µg