

Fresh Green Chickpea & Leek Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 SERVING SIZE: 8 oz.

Ingredients	Qty	Measure
Olive oil	2	Tbsp.
Leeks (chopped, white part only)	2	each
Garlic (minced)	2	cloves
Onion (chopped)	1	cup
Carrots (diced medium)	1	cup
Vegetable broth	1	Qt.
Fresh green chickpeas	2	cups
Basil (chopped)	½	cup
Salt	1	tsp
Pepper	1	tsp

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

 *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

