

Indian Spice, Chickpea, Potato Soup FIT

FUNCTIONAL FOODS

Serving size: 8 oz

- 1 ½ cup Chickpeas, dry (2, 15 oz cans drained and rinsed)
- 1 tsp Canola Oil
- 1 cup Celery, chopped
- 1 ¼ cup Onion, diced
- 3 tsp Garlic, minced
- ¼ tsp Cayenne Pepper, ground
- ½ tsp Turmeric, ground

Makes 8 servings

- ½ tsp Cumin, ground
- 5 cups Low Sodium Vegetable Soup Base
- 2 cups Potatoes, peeled, diced
- 1 TBSP Cilantro, fresh, chopped
- 1 tsp Salt
- ½ TBSP Lemon Juice

Preparation:

1. Soak the chickpeas (skip step 1 & 2 if using canned chickpeas).
2. Rinse the dry chickpeas under cold water. Place them in a large bowl and cover with several inches of water. Let soak overnight (8–12 hours). Drain and set aside.
3. Heat canola oil in a large soup pot over medium heat.
4. Add diced celery, onions, and garlic. Cook, stirring often, for 5–7 minutes or until softened and fragrant. Stir in cayenne, turmeric, and cumin and cook 1 minute more to toast the spices.
5. Add 5 cups water, vegetable base, soaked chickpeas, and diced potatoes to the pot.
6. Stir well and bring to a boil over high heat.
7. Reduce heat to low, cover loosely, and simmer for 30–45 minutes, or until the chickpeas are tender and the potatoes are soft.
8. Carefully scoop out about ⅓ of the soup and puree it in a blender or with an immersion blender until smooth.
9. Return the blended portion to the pot and stir to combine. Stir in cilantro, salt, and lemon juice. Simmer a few minutes more before serving.

Storage Tip:

Cool soup quickly and refrigerate within 2 hours. Store in an airtight container for up to 4 days or freeze for up to 2 months.

Chef's Tip:

If the soup becomes too thick after blending, thin with a little warm water until the desired texture is reached.



NUTRITION FACTS PER SERVING

calories	200
total fat (g)	3
saturated fat (g)	0
sodium (mg)	380
total carbohydrate (g)	36
dietary fiber (g)	6
added sugar (g)	0
protein (g)	9

Chickpea Vegetable Biryani FIT

**FUNCTIONAL
FOODS**

Serving size: 1 cup

- 1 ¾ cup Chickpeas, dry (3 15 oz cans drained and rinsed)
- 4 TBSP Canola Oil
- ¾ cup Onion, sliced
- 1 ½ cup Red Bell Pepper, thinly sliced
- 1 cup Carrot, chopped
- 3 Garlic cloves, minced (3 tsp)
- 1 TBSP Ginger, fresh, minced
- 2 tsp Cumin, ground
- 2 tsp Coriander, ground

Makes 8 servings

- 1 tsp Chili Powder
- 1 tsp Cinnamon, ground
- ½ tsp Cardamon
- ½ tsp Turmeric
- 1 tsp Salt
- 1 ½ cup Basmati Rice
- 10 cups Vegetable Broth, low sodium
- 4 TBSP Cilantro, fresh, chopped
- 4 TBSP Mint, fresh, chopped

Preparation:

1. Rinse the dry chickpeas under cold water. Skip 1-3 if using canned chickpeas.
2. Place them in a large bowl and cover with several inches of water. Let soak overnight (8–12 hours). Drain.
3. Cover chickpeas with 2" of fresh water then cook on stovetop until tender, roughly 1 hour.
4. Heat canola oil in a separate large pot or Dutch oven, then add onions, bell peppers, and carrots. Cook until tender.
5. Add garlic, ginger, cumin, coriander, chili powder, cinnamon, cardamon, turmeric, and salt. Cook for 1-2 minutes until fragrant.
6. Rinse Basmati rice in cold water until water runs clear.
7. Stir in the rice and toast, until slightly golden.
8. Add broth and cooked, drained chickpeas to rice mixture, cover pot and simmer until rice is cooked all the way through and chickpeas are fully tender.
9. Garnish with cilantro and mint.

Chefs Tip:

You can use a pre-made Garam Masala mix in place of the cumin, coriander, chili powder, cinnamon, cardamom, and turmeric. If doing so, use 2 tsp and add after rice it's toasted.



NUTRITION FACTS PER SERVING

calories	320
total fat (g)	8
saturated fat (g)	1
sodium (mg)	470
total carbohydrate (g)	53
dietary fiber (g)	6
added sugar (g)	<1
protein (g)	9

Yogurt Marinated Lamb FIT

FUNCTIONAL FOODS

Serving size: ½ cup, ~ 3 oz **Makes 12 servings**

- 2 ½ lbs. Lamb Leg, boneless
- 1 ½ cup Greek Yogurt, plain
- 1 TBSP Garam Masala (Cumin, Coriander Seeds, Peppercorn, Cardamom, Cloves, Cinnamon, Nutmeg)
- 2 TBSP Ginger, fresh, minced
- 2 TBSP Garlic cloves, minced
- 1 tsp Turmeric
- 1 TBSP Chili Powder
- 1 TBSP Salt
- ½ tsp Nutmeg
- ½ tsp Cloves, ground
- ½ tsp Cardamom
- 6-8 Bay Leaves
- ¼ tsp Black Pepper, ground

Preparation:

1. Trim visible fat from lamb, cut into 1.5" pieces.
2. Combine all ingredients into a large bowl, mix well. Add lamb, set in fridge and let marinate for 6-7 hours, or overnight.
3. Remove lamb, discard excess marinade.
4. Preheat the oven to 325°F. Place the marinated lamb in a covered baking dish or wrap it tightly in foil to help retain moisture. Bake for 25–30 minutes, or until the lamb is tender and reaches an internal temperature of 165°F.



NUTRITION FACTS PER SERVING

calories	140
total fat (g)	5
saturated fat (g)	2
sodium (mg)	480
total carbohydrate (g)	4
dietary fiber (g)	1
added sugar (g)	0
protein (g)	20

RD Tip:

Yogurt-marinated lamb is rich and flavorful, so pair it with a whole grain like farro or brown rice and plenty of colorful vegetables to add fiber and balance. Including a fresh or lightly pickled vegetable and herbs helps brighten the dish and support digestion. A yogurt-based sauce or drizzle of olive oil adds healthy fats while keeping the meal satisfying and well-rounded.