

# 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

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



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