

FIT Moroccan Spiced Chickpea Vegetable Soup

Portion Size: 8 fl oz Yield: 8 servings



Garbanzo Beans, dry	8 oz wt
Canola Oil	2 tsp
Carrots, chopped	3 oz wt
Celery, chopped	3 oz wt
Yellow Onion, chopped	5 ½ oz
Cinnamon, ground	1 tsp
Cumin, ground	2 tsp
Cayenne Pepper	1/4 tsp
Paprika, ground	1 tsp
Black Pepper	¼ tsp
Vegetable Broth	1 quart
Crushed Tomatoes, canned	1 cup
Baby Spinach	2 oz wt
Kosher Salt	1/2 tsp

1. Soak chickpeas in water overnight. Drain. Place chickpeas in a pot and cover with fresh water. Bring to simmer and cook until chickpeas are tender. Drain and reserve beans.
2. Heat oil in a soup pot. Sauté carrots, celery, and onions until softened. Stir in cinnamon, cumin, cayenne, paprika, and pepper. Cook until spices are fragrant.
3. Stir in vegetable broth and crushed tomatoes. Bring to simmer. Stir in chickpeas and cook for 20 minutes.
4. Finish soup with spinach and salt. Cook until spinach is just wilted.

Nutrition Info: Cal: 160, Total Fat: 3g, Sat Fat: <0.5g, Sodium: 275mg, Carbs: 26g, Protein: 7g, Sugar: 7g, Fiber: 6g

Food by FLIK

FIT Chicken, Quinoa, Vegetable Soup

Portion Size: 8 fl oz Yield: 8 servings



Canola Oil	2 tsp
Celery, chopped	3 oz wt
Onions, chopped	8 oz wt
Carrots, chopped	6 oz wt
Garlic Cloves, chopped	1 ½ tsp
Fresh Thyme, chopped	2 tsp
Chicken Broth	1 quart
Chicken Breast, ¾" cubed	12 oz wt
Quinoa, dry	3 oz wt
Kale, chopped	2 oz wt
Lemon Juice	2 tsp
Kosher Salt	3/4 tsp
Black Pepper	1/4 tsp

1. In soup pot, heat oil. Sweat celery, onions, and carrots until translucent. Stir in garlic and thyme. Cook until fragrant.
2. Add chicken broth and bring to simmer. Stir in cubed chicken and cook until chicken is cooked through.
3. Stir in quinoa and kale. Cook just until quinoa is tender, about 7 minutes.
4. Remove soup from heat. Stir in lemon juice, salt, and pepper.

Nutrition Info: Cal: 130, Total Fat: 3g, Sat Fat: 0.5g, Sodium: 320mg, Carbs: 13g, Protein: 12g, Sugar: 2g, Fiber: 2g

Food by FLIK