



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHICKPEA & ALMOND SOUP

Time: 25 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
2 onions – finely chopped
1 teaspoon fresh grated ginger
3 cups vegetable (or chicken) stock
19 ounce can chickpeas – rinsed and drained
3 tablespoons almond butter
2 teaspoons garam masala
2 tomatoes – chopped
¼ cup cilantro – finely chopped
½ teaspoon crushed chili flakes

Preparation:

Heat a suitably sized pot containing the olive oil over medium heat. When the oil is hot, add the onions and ginger, stirring occasionally for seven minutes

While the onions and ginger are cooking, place one cup of the stock along with the chickpeas and almond butter in a blender or food processor and blend until smooth.

To the onions and ginger, add the garam masala, stirring often for one minute.

Add the tomatoes, chickpea mixture and remainder of the stock to the pot and bring to a simmer. Continue to simmer the soup for five minutes.

Remove the soup from heat and serve topped with the cilantro and chili flakes.

Nutritional Information Per Serving:

Calories: 247
Fat: 13g
Carbs: 27g
Fibre: 7g
Protein: 9g