



CHICKPEA SOUP

INGREDIENTS

- 1 tablespoon olive oil
- 1 large yellow onion, finely chopped
- 2 cloves garlic, crushed
- 1½ teaspoon ground cumin
- 1½ teaspoon ground cilantro
- 1 teaspoon ground turmeric
- 1½ teaspoon sweet paprika
- ¼ teaspoon ground cinnamon
- ¼ cup plain flour
- 4 cups water
- 3 cups vegetable stock
- 2 10-ounce cans of chickpeas, rinsed, drained
- 1 24-ounce can of whole peeled tomatoes
- 1½ tablespoon preserved lemon, finely chopped
- 1 tablespoon fresh cilantro, finely chopped

INSTRUCTIONS

1. Heat olive oil in large saucepan. Cook onion, garlic and ginger, stirring until the onion softens, about 4 to 5 minutes. Add remaining spices and cook, stirring until fragrant.
2. Add flour. Cook, stirring until mixture bubbles and thickens. Gradually stir in the water and stock, then cook, stirring until mixture boils and thickens. Reduce heat to a simmer, uncovered, and cook for 5 minutes.
3. Add chickpeas and undrained tomatoes, crushing them with your hands as you transfer them to the pot. Return the mixture to a boil. Reduce heat and simmer, uncovered, for 10 minutes or until soup thickens.
4. Add lemon and coriander just before serving.