Chickpea Soup I

Jacob · 30/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

6

Description

This bean soup can be made in 45 minutes Substitute vegetable broth to create a vegetarian alternative

Ingredients

— - 2 tablespoons olive oil - 1 onion

— chopped - 2 cloves garlic

— minced - 2 cups peeled and chopped sweet potatoes - 3 cups chicken broth - 1 bay leaf - 1 teaspoon dried basil - ½ teaspoon dried thyme - ¼ teaspoon paprika - 1 tomato

— chopped - 1 (10 ounce) package frozen mixed vegetables - 1 (15 ounce) can garbanzo beans

— drained - salt to taste - ground black pepper to taste

Instructions

1. In a saucepan
2. warm oil over moderate heat. Add onion
3. garlic
4. and sweet potatoes; saute 5 minutes. Stir in broth
5. bay leaf
6. basil
7. thyme
8. and paprika. Salt and pepper to taste. Bring to a boil
9. and then reduce heat to medium low. Cover. Simmer until vegetables are tender but not mushy
10. about 15 minutes. Stir in tomato
11. green beans
12. and chickpeas. Simmer uncovered until tender
13. about 10 minutes more. Serve hot.