



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Soothing Garlic Chickpea Soup

Warm up with this easy-to-prepare soup, featuring protein-rich chickpeas, zesty lime, and an added kick from the topping choice of green chilis or jalapenos.



INGREDIENTS

Chickpea Soup

- 2 cups of canned or cooked chickpeas
- 1 small onion peeled and left whole
- 5 cups of water more or less depending on how you'll cook the chickpeas
- ½ tablespoon of kosher salt more or less to taste
- 1 tablespoon of olive oil
- 4 cloves of garlic minced
- ¼ cup of crushed tomatoes or 1 cup of grated fresh tomatoes

Toppings

- Juice of lime
- Fresh chopped parsley and cilantro
- Green chili or jalapeños chopped
- Chili flakes optional

INSTRUCTIONS

1. Cook chickpeas with a whole onion, peeled. If you have an instant pot, slow cooker, pressure cooker, any of those will work. If not, you can cook the chickpeas on the stove.
2. Drain the chickpeas once cooked and save the water.
3. In the same pot, sauté plenty of garlic in olive oil, add in fresh grated tomatoes or crushed canned tomatoes, some cumin and the chickpea water.
4. Add the chickpeas and let them simmer in this garlic tomato broth for at least half an hour.
5. Squirt in some lime juice, throw in some fresh chopped parsley and cilantro, and finish off with some chopped green chili or jalapeños.

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