

SPICY MOROCCAN CHICKPEA SOUP

Spicy doesn't mean hot in this delicious soup. Pantry ingredients and a few vegetables are all you need to put this recipe together.

Corporate Chef Kurt Kwiatkowski, MSU Residential Dining Services

Featured Food: Chickpeas

Yield: Serves 6-8

Ingredients

¼ c. olive oil	½ t. cayenne pepper
1 ½ c. diced white onion	1 qt. vegetable or chicken stock
1 c. diced celery	1-14 oz. can diced tomatoes
1 c. diced carrots	1-12 oz. package frozen winter squash
1 c. diced red pepper	1 t. sugar
2 T. minced garlic	2 cans chickpeas (drain and rinse)
1 t. cinnamon	1 pinch saffron threads (optional)
2 t. turmeric	5 oz. baby spinach
4 t. cumin	Salt and pepper to taste
1 t. chili powder	¼ c. chopped cilantro
2 t. paprika	

Preparation

Pour olive oil in a soup pot over medium heat; when warm, add onions, celery, carrots and peppers and sauté for five minutes. Add garlic, cinnamon, turmeric, cumin, chili powder, paprika and cayenne to the pot and sauté for an additional two minutes. Add vegetable or chicken stock, diced tomatoes, squash, sugar and chickpeas and let simmer on medium-low heat for 20-25 minutes. Add saffron if using.

Use a potato masher or an immersion blender to mash/blend some of the chickpeas and vegetables to thicken the soup. Add the spinach and let cook for only about five minutes.

Taste. Season with salt and pepper. Garnish with chopped cilantro.