



## **Pantry Staple Soup**

### Hearty Tomato and Chick Pea Soup

- 1 can chick peas (drained and rinsed)
- 1 can tomato (any kind works!)
- 2 cups water or broth
- 1 onion – diced
- 2 carrots – diced
- 3 ribs of celery – diced
- 2 cloves minced garlic
- 2 tbsp oil of choice
- 2 cups frozen greens (optional)

#### Spices of choice

A mixture of coriander, smoked paprika and cumin works well. You can use whatever spices you have on hand and like the flavor of!

Heat oil in a medium pot. Add onions, carrots and celery. Cook for 3-5 minutes over medium heat, until they start to brown and soften. Season with salt and pepper to taste. Add the chickpeas and cook for 5 more minutes before adding the spices and garlic and continuing to cook for 30 second or until fragrant. Add the tomato and broth or water. Bring the mixture up to a simmer and cook for about 10-15 minutes or until the vegetables have softened. At this point, you can blend the entire soup or half of it. You can also add frozen or fresh greens. I like this soup topped with whatever tender herbs that I have laying around – basil and parsley work especially well. A dollop of Greek yogurt or sprinkle of pecorino cheese is also a delicious finishing touch.

TEXT CCPF TO 74121

Ccpf.org