

Spiced Chickpea Soup

Recipe By *Jeff Nathan*



Cooking and Prep:  35
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Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Low Fat, Low Carb,
Sugar Free, Gluten Free

Source: Aish.com

Cuisines: Indian, Middle
Eastern

Don't let the name scare you. I remember when Jeff Nathan of Abigael's Restaurant shared this recipe with me years ago; I was also hesitant to try it. Now, it's part of my regular repertoire. It's got tons of savory flavors, a bit Indian and Mediterranean, and is just altogether delicious. Trust me!

— Elizabeth Kurtz

Ingredients (14)

Spiced Chickpea Soup

- 3 tablespoons canola oil
- 1/2 cup onion, diced
- 4 cloves garlic, chopped
- 1 teaspoon garam masala (spice mixture available in major markets)

- 1 teaspoon dried ground ginger
- 2 (15-ounce) cans **Haddar Chickpeas**, drained and rinsed
- 1 cup canned crushed tomatoes
- 1/2 cup apple juice
- 1 (13.5-oz.) can coconut milk
- 1 quart vegetable or **Empire Chicken Broth**
- 1/2 cup cilantro
- 1/2 teaspoon **Haddar Kosher Salt**
- 1/4 teaspoon ground black pepper
- chili oil or sriracha, for garnish

Start Cooking

Prepare the Soup

1. Heat an eight- to 10-quart soup pot over medium heat. Add oil, then onions and cook until onions are translucent. Add garlic, garam masala and ginger, and stir for one to two minutes. Add chickpeas, tomatoes, apple juice, coconut milk, and stock. Bring soup to a boil, then lower to simmer and cook, uncovered for eight to 10 minutes.
2. Remove from heat. Add cilantro. With an immersion blender, puree soup until smooth. Add salt and pepper. If too thick, add some additional stock.
3. Serve warm. Drizzle with garnish, if desired.

About

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