

Egyptian Chickpea Soup

Serves 6-8

Ingredients;

- 1 cup of un-cooked chickpeas (also called Garbanzo beans)
- 6 cups of water, approximately, for cooking beans
- 2 cups water for soup
- 2 tablespoons of olive oil
- 4 big cloves of garlic, chopped
- 1 small-medium Spanish onion, chopped small
- 1 cup celery, chopped small
- 2 large carrots, chopped small
- ¼ cup whole wheat flour, (or any healthier flour)
- 2 cups Free-Ranged Chicken Broth, check for no sugar added
- 1 cup diced tomatoes, or one large can of crushed
- ½ cup raw brown rice (Jasmine brown rice is more flavorful here)

SPICES:

- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon ground fennel
- 2 bay leaves or 1 teaspoon ground bay leaf
- 2 teaspoons sea salt, fresh ground pepper to taste
- 1 small piece of Kombu seaweed, (to remove any gas from the water and give minerals to it)
- Garnish: ¼ cup Italian flat parsley, chopped, 3 scallions white and green parts, chopped
- Fresh lemon wedges
- Optional; freshly grated parmesan cheese to taste

Procedure:

1. Put chickpeas in a mixing bowl and add three cups of water, let stand overnight
2. Drain and rinse beans, bring up to rolling boil in 6 cups of water with bay leaf and kombu for about 45 minutes, removing the white foam (the protein) and cook, stirring often, until soft
3. While beans are cooking, start the prep: cut all of the above, reserve the garnishes
4. In a large soup pot, coat with olive oil, Sauté onion, until wilted and golden about 4 minutes, add garlic, stir 2 minutes, add all spices, and cook about 3 minutes more. Add flour, stirring to coat ingredients evenly
5. Stir in carrots and celery, tomatoes, rice, 2 cups of water salt and pepper. Cook for about 30 minutes on a soft boil (rice has to cook)
6. Soup should be thick, add Chicken broth and cooked Chickpeas, and cook 15 minutes more on a soft boil. Taste for salt and pepper, adjust taste.
7. Ladle out about one cup of the soup into a blender, blend thoroughly. Add the parsley, blend again
8. Garnish with scallions, lemon wedges and cheese if you prefer.

Cooks Notes:

Add parsley, leeks, butternut or other squashes in the fall and winter for a harder soup

Recipe by Chef Kathryn, 1999, all rights reserved, www.thehealthchef.com