

Moroccan-Style Chickpea Soup

Swick

Serves 1 | Active Time: 35 minutes | Total Time:

Step 1: Make the Chili

- 3/4 yellow onion chopped (≈3/4 cup)
- 4 1/2 cloves garlic minced (≈1 1/2 tablespoons)
- 1 1/2 cups low-sodium vegetable broth
- 1 1/2 (15-oz) cans chickpeas undrained
- 1 1/2 (15-oz) cans low-sodium fire-roasted diced tomatoes with their juices
- 3 tablespoons dates chopped
- 1 tablespoon ground cumin
- 1 1/2 teaspoons ground coriander
- 2 1/4 oz baby spinach (≈3 cups)
- 1 1/2 tablespoons fresh lemon juice
- 3 tablespoons fresh mint chopped (divided)
- freshly ground black pepper

SAUTÉ ONIONS & GARLIC

In a stockpot over medium heat, cook onions and garlic, stirring occasionally, for 3 minutes. Add vegetable broth 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

SIMMER SOUP

Add remaining broth, undrained chickpeas, fire-roasted tomatoes with their juices, dates, cumin, and coriander to pot. Increase heat to high, cover, and bring to a boil. Reduce heat to medium-low and simmer until flavors meld, 15 minutes.

FINISH SOUP

Stir in spinach, lemon juice, and 1 1/2 tablespoons mint; cook until spinach has wilted, 1 to 2 minutes. Season with salt and pepper to taste.

SERVE

Sprinkle with remaining 1 1/2 tablespoons mint and serve with lemon wedges.