

# Judi's Recipe Club



## Moroccan Chickpea Soup

This is a healthy hearty soup for when the days begin to feel a bit "fall-ish" .

## Instructions

In a soup pot, melt the coconut oil on medium heat. Add onions and garlic and saute about 5-7 minutes, until onions are softened and slightly translucent. Add the chickpeas, tomatoes, vegetable broth and spices. Stir to combine, and simmer on low heat for about 40 minutes. While simmering, wash your fresh spinach and roughly chop it into bite-sized pieces with a knife. When 40 minutes is up, taste a test bite and check the tenderness of the chickpeas. They should be soft, with a slight toothiness when bitten. If they're still a little firm, throw the soup on for another 10 minutes to soften them up. Once the soup is ready to be served, add spinach and stir, letting the heat wilt the spinach. Serve immediately with a drizzle of extra virgin olive oil. Serves 6-8.

**\*Tip:** If you throw all the spinach in and don't eat it all, don't fret. The soup can be refrigerated and the spinach will still taste great, it just will have lost its bright green color and be considerably softer. Whenever I re-heat this soup, I throw in another handful of fresh spinach to give it a little more body. Enjoy!

**Yield:** 6-8 servings

**Modifications:**

Omit coconut oil, olive oil and salt

## Our Notes

We did not drizzle any Olive Oil on top. This was super easy and I made in the morning and reheated when it was time for dinner. Then I threw the spinach in after we turned off the heat.

**Original Recipe:**  
[fettlevegan.com](http://fettlevegan.com)

## Ingredients

1 tbsp coconut oil  
1 large onion, diced  
2 cloves of garlic, minced  
3 cans chickpeas (15oz size) or about 6 cups cook it yourself.  
1 can diced tomatoes (15oz)  
4 cups vegetable broth  
1 tsp cinnamon  
1 tsp cumin  
1 tsp paprika  
1/4 tsp cayenne pepper  
1 tsp salt  
1/2 tsp pepper  
3 cups spinach, fresh and chopped  
drizzle of extra virgin olive oil

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## Our Rating ...

We normally only do 5 Carrots. On this one Kevin gave it a 9 and I gave it a 10, so sending out with a 4 and 1/2 carrots.



**21 day  
FIX** Container Count

**for 8 Servings**

1 Yellow or for Vegan...  
...1 Red or 1 Yellow  
1 Teaspoon  
2 Green