

Chickpea and Chard Soup

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 10 minutes | **Cook:** 30 minutes

INGREDIENTS

- 3 tablespoons cooking oil
- 1 carrot, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 3 (15 oz) cans of chickpeas, drained and rinsed
- 3 cups vegetable stock or water
- 1 cup canned diced tomatoes
- 1/2 pound Swiss chard, chopped
- Salt and pepper to taste
- 1 bay leaf (optional)
- Pinch red pepper flakes (optional)

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add carrot, onion, and garlic. Cook until vegetables start to soften, about 5 minutes.
2. Stir in stock or water, chickpeas, bay leaf (optional), red pepper flakes (optional), and tomatoes. Bring to a boil. Reduce heat and simmer, partially covered for 10 minutes.
3. Add Swiss chard to the pot. Simmer until tender. Remove bay leaf if using. Add salt and pepper to taste.



Nutrition Information

Serving size: 1/4 of recipe made with water

Calories	264
Total fat	12 g
Saturated fat	1.5 g
Cholesterol	0 mg
Sodium	533 mg
Carbohydrates	33 g
Fiber	2 g
Sugars	10 g
Protein	9 g

Notes:

- If you like noodles in your soup, add 1/2 cup of macaroni in Step 2.
- Swiss chard can be substituted for kale or collard greens.

Recipe adapted from: Food & Wine