

## Nutritious & Delicious Soup Recipes



### Indian Chickpea & Vegetable Soup

#### Ingredients (serves 12 x 300ml)

2 Tbsp Olive Oil  
3 Medium Onion (peeled & medium chopped)  
1 Red Chilli (chopped)  
3 Tsp Root Ginger (peeled & finely grated)  
3 Garlic Clove (peeled & chopped)  
3 Tbsp Garam Masala  
1 Tbsp Cumin  
1.5 Ltrs Vegetable Stock  
5 Carrots (peeled, quartered lengthways and chopped)  
2 x 400g Tinned Chickpeas (drained & rinsed)  
200g Green Beans (chopped into 1 cm pieces)  
Salt  
Pepper

#### Method

1. Heat the oil in a medium saucepan, then add the onion, ginger, chilli and garlic.
2. Fry this for 2 mins, then add the spices.
3. Cook the spices for 1 min, then add the stock and the carrots.
4. Bring to the boil and then simmer for 10 mins.
5. Add the chickpeas and cook for 5 minutes.
6. Use a stick blender to whizz the soup a little – so it has a chunky / smooth appearance.
7. Stir in the beans and simmer for 3 mins.
8. Serve

#### Key Nutrients

Portion	<b>316g</b>	<b>100g</b>	
Calories	<b>144 (kcal)</b>	<b>45 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	4.6g	1.5g	Low
Saturates	0.5g	0.2g	Low
Sugars	7.3g	2.3g	Low
Salt	1g	0.3g	Low
Protein	6.5g	2.1g	–

#### Low Fat

**Allergen Info: Celery**