

Nutritious & Delicious Soup Recipes



Moroccan Chickpea Soup

Ingredients (Serves 12 x 300ml Portions)

2 Tbls Olive Oil
2 Medium Onions (300g) [Peeled & Chopped]
4 Celery Sticks [Chopped]
4 Tsp Ground Cumin
1.2Ltrs Hot Vegetable Stock
2 x 400g Tinned Chopped Tomatoes
2 x 400g Tinned Chickpeas (Rinsed & Drained)
200g Frozen Broad Beans
1 Lemon (zested & Juiced)
100g Coriander (Chopped)
Salt
Black Pepper

Method

1. Heat the oil in a large saucepan, then fry the onion and celery gently for 10mins until softened, stirring frequently.
2. Tip in the cumin and fry for another min.
3. Turn up the heat, then add the stock, tomatoes and chickpeas, plus a good grind of black pepper.
4. Simmer for 8 mins.
5. Throw in the broad beans and lemon juice, cook for a further 2 mins.
6. Season to taste, then top with a sprinkling of lemon zest and chopped herbs.

Key Nutrients

Portion	300g	100g	
Calories	131 (kcal)	44 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	4.5g	1.5g	Low
Saturates	0.5g	0.2g	Low
Sugars	3.9g	1.3g	Low
Salt	0.9g	0.3g	Low
Protein	7.7g	2.6g	–

Low Fat

Allergen Info: Celery