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SOUTH DAKOTA 57701

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Spicy Chickpea Soup with Ginger and Spinach

Serves 6 - 8

As the weather begins to shift and evenings become increasingly cooler, we find ourselves craving rich, satisfying soups. This recipe showcases the mighty chickpea with all of its nutritional power in a flavorful, hearty soup! The warm spices and coconut milk add deep flavors to this fabulous dish. We're sure that you'll be adding this recipe to your cool weather menu rotation.

Ingredients:

1/4 cup extra virgin olive oil, plus 1 tablespoon
1 large onion, diced
3 small carrots, chopped
6 cloves garlic, finely chopped
1" piece fresh ginger, peeled and finely grated
3 cans (15.5 oz) chickpeas
1 teaspoon cumin
1/2 teaspoon cayenne
1/2 teaspoon turmeric
1/2 teaspoon smoked paprika
1/4 teaspoon Kosher salt
1/4 teaspoon black pepper
1 can (14.5 oz) crushed tomatoes
1 can (14 oz) full fat coconut milk
4 cups vegetable broth
2 cups baby spinach, trimmed

Garnishes:

Plain Greek yogurt
Olive oil for drizzling on top

Serve with:

Wedges of pita bread

Directions:

1. In a large Dutch oven, heat 1/4 cup of olive oil over medium heat. Add the onion and carrots and sauté until the carrot is soft and the onion is translucent, roughly 5 minutes. Add the garlic and ginger and sauté for another 5 minutes.
2. Set aside 1 cup of the chickpeas. Add the remaining chickpeas to the Dutch oven with the onion, garlic, carrot, and ginger. Add the cumin, cayenne, turmeric, and paprika and continue cooking, stirring occasionally until the chickpeas begin to brown and break down, about 5 minutes. Use a potato masher to press and mash the chickpeas until about half of them they break down. This will nicely thicken the soup.
3. Add the crushed tomatoes, coconut milk, vegetable broth, salt, and pepper. Cover and simmer ingredients for about 30 minutes, until the soup thickens and the flavors are incorporated.
4. Meanwhile, heat 1 tablespoon of olive oil in a saute pan over medium high heat. Add the reserved cup of chickpeas and cook until they begin to crisp, about 5-8 minutes, stirring occasionally to heat evenly. Season with a pinch of salt and pepper and set aside.
5. Once the soup has thickened, remove from heat and stir in the spinach. Add additional salt and pepper to taste. Garnish with Greek yogurt and a drizzle of olive oil. Sprinkle the crispy chickpeas on top of the soup, and serve with wedges of pita bread.