

PORTUGUESE CHICKPEA SOUP – Soups for Syria (serves 12-15)

4 Tbsps olive oil

3 medium-large onions, chopped

6 garlic cloves, chopped

6 carrots, peeled and chopped

4 potatoes (medium-large), peeled and cubed

6 cans chickpeas, rinsed and drained

1 pound spinach leaves, coarsely chopped

Salt and black pepper, to taste

Heat oil in large soup pot on medium high heat. Add onion. Saute 2-3 minutes, stirring occasionally.

Stir in garlic.

Add carrots and potatoes. Cook 2-3 minutes.

Add half of chickpeas. Stir. Cover with water (at least 10 cups). Bring to boil then simmer 15 minutes until vegetables are tender.

Puree soup until smooth.

Add remaining chickpeas and spinach. Simmer 5 minutes. Add salt and pepper to taste.