

CHICK PEA AND VEGETABLE SOUP

3 Tbsps olive oil

3 Cups couscous or rice

2 (12 oz) jars roasted/fire roasted red peppers, diced

2 Cups onion, diced

3-4 sliced carrots

4 cans (15 oz) chick peas, drained and rinsed

2 Tbsps cumin

2 Tbsps tomato paste

16 oz frozen (or fresh) cauliflower, cut into florets

16 oz frozen (or fresh) spinach, chopped

4 Cups vegetable broth

2 cans (14 oz) diced tomatoes

Salt & pepper to taste

Heat olive oil. Add onions and carrots and saute 2 mins.

Add red peppers, chick peas, cumin, tomato paste, cauliflower. Stir.

Add vegetable broth, spinach, and diced tomatoes. Cook on medium high heat for 10 mins until vegetables are tender, stirring occasionally. Add salt/pepper.

While soup cooks, prepare couscous/rice according to package directions.

Serve over couscous/rice. Garnish with parsley (optional)