

Indian Spiced Chickpea and Tomato Soup (Rachael Ray)

¼ cup extra virgin olive oil
4 cloves garlic, chopped
4 cans chickpeas, drained
2 small onions, coarsely chopped
4 tsp ground cumin
1 tsp ground cardamom
1 tsp turmeric
salt and pepper to taste
4 cups vegetable stock (can use more)
56 oz canned tomatoes – either 2 large or 4 small or 1 large and 2 small
In any combination of fire roasted, diced, petite diced, diced with mild
chilies, etc., with juice – recommend 1 small can with mild chilies

Optional: 1 cup plain yogurt

Optional: warm pita for dipping

Heat olive oil in pot over medium heat. Add garlic and cook 2-3 mins.

Grind the chickpeas and onion in food processor. Add to pot and cook 5 mins.

NOTE: If you don't have a food processor, add chickpeas and onions now and follow immersion blender instructions before adding tomatoes.

Add cumin, cardamom, turmeric, salt and pepper. Stir.

Stir in stock.

NOTE: If you are using an immersion blender, temporarily remove from heat and blend soup. Return to burner.

Stir in tomatoes.

Simmer soup 10 to 15 mins to combine flavors.

OPTIONAL: Serve with a dollop of yogurt and warm pita for dipping.