

Moroccan Chickpea Soup (Vegan, Gluten Free)

Adapted from [America's Test Kitchen Healthy Family Cookbook](#)

This soup is so quick, nutritious, flavourful and satisfying. I have been making at least two soups a week through the winter and this soup is on that winter list.

Sansational!



Serves 4 to 6

Ingredients:

- 1 tbsp coconut oil or olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 celery stalks, diced
- 1/2 tsp smoked paprika
- pinch of cayenne pepper
- 1/2 tsp tumeric
- 1/2 tsp ground ginger
- 1/2 tsp ground cumin

1 15-ounce can chickpeas, rinsed
2 medium sweet potatoes, peeled and diced
1 14.5 ounce can diced tomatoes
4 cups chicken or vegetable broth
1 red pepper, diced
1 zucchini, diced
Salt and pepper

Directions:

1. Heat the oil in a large pot over medium-high heat. Add the onion, garlic, celery and cook until softened (about 5 minutes). Stir in the paprika, cayenne, tumeric, ginger and cumin and cook until fragrant, about 30 seconds.
2. Stir in the chickpeas, potatoes, tomatoes, and broth. Bring to a boil and simmer until the potatoes are tender, about 20 minutes. Stir in the red pepper and zucchini and continue to simmer until tender for about 5 to 10 minutes.
3. Mash some of the potatoes against the side of the pot with a spoon to thicken the soup slightly. Season with salt and pepper to taste.

Sansational Tip:

Any combination of veggies will work in this soup, so use whatever you have in the fridge.