

Garlic, Chickpea, Potato and Spinach Soup

Serving: Makes 4-6 large servings or 6-8 small

Prep Time: about 20 minutes

Cooking Time: About 26 minutes

Ingredients:

- 1 TBSP Olive Oil
- 4 Garlic Cloves, peeled & crushed
- 1 Onion, roughly chopped
- 2 Tsp ground cumin
- 2 Tsp ground coriander
- 5 Cups vegetable stock
- 12oz potatoes, peeled & finely chopped
- 1 Can (16oz) chickpeas, drained
- 1 TBSP light tahini paste (sesame seed paste)
- 1 TBSP cornstarch
- 2/3 Cup low fat milk
- 7 oz spinach, shredded (I use baby spinach and leave as is)
- Cayenne Pepper (optional)
- Salt & fresh ground pepper to taste

General Information

In a large saucepan heat oil & cook garlic and onions for 5 minutes, or until softened and tender. Stir in cumin and coriander and cook for 1 minute more. Pour in stock and add chopped potatoes to pot. Bring to a boil and simmer for 10 minutes. Add the chickpeas and simmer 5 minutes more, until potatoes and chickpeas are just tender. Blend together cornstarch, milk, tahini and plenty of seasoning. Stir into soup pot with spinach. Bring to a boil and simmer another 2 minutes, stirring occasionally. Sprinkle with a little cayenne pepper (if using).