



Maria Bez  
Dip Nutr, BSc Nutr Med  
Nutritional Medicine Practitioner

# Chickpea soup

700g dried chickpeas, soaked in plenty of water overnight  
1 tbsp olive oil  
2 onions chopped  
2 carrots chopped  
2 stocks celery, diced  
3 cloves garlic, peeled and chopped  
1/4 teaspoon cayenne pepper  
1/2 teaspoon ground cumin  
2.4 litre vegetable stock

Rinse the chickpeas well. Heat the oil and 1 tablespoon of water in a solid-based pan and gently steam cook the onions, carrots, celery and garlic until tender. Add the cayenne and cumin, then the chickpeas and stock, and bring to the boil. Season and simmer, covered, for about 2 hours or until the chickpeas are tender. Check from time to time and add more liquid if required. Remove from the heat.

Blend in a food processor, adding more water as necessary to make the right consistency. Return to the pan, heat through and serve.