



Nancy's Nourishing Kitchen

Vegetable Soup with Chick Peas

Ingredients:

1 onion, diced
3 stalks celery, diced
3 carrots, diced
3-4 cloves garlic, minced
1/2 " piece fresh ginger; peeled and grated or minced
or 1 teaspoon ground ginger
1 lemon; zested and juiced
1 bay leaf
1 teaspoon ground turmeric
Sea salt and fresh ground black, pepper to taste
Crushed red pepper flakes to taste; optional
4 cups vegetable broth, chicken broth or water
1 can chickpeas, drained and rinsed
1 -2 cups dinosaur or lacinato kale, chopped

Directions:

- Gently warm olive oil in a stock pot, add onions and a pinch of sea salt and sauté until onions are soft and translucent.
- Add garlic and ginger and sauté until fragrant, about 30-60 seconds.
- Add carrots and celery and another pinch of sea salt and cook until they begin to soften a little.
- Add spices (red pepper flakes, black pepper, ground ginger, turmeric) and cook for a minute to activate the spices, stirring frequently.
- Add broth/water and bay leaf. Bring to a boil, reduce to simmer, cover pot and simmer 15 minutes to let everything soften and come together.
- Add kale and chick peas and cook 10 minutes until greens are wilted.
- Add more water or broth if needed.
- Add the lemon juice and zest; check seasoning and add more salt & pepper if needed.
- Cover, turn off the heat and let sit for 5 minutes to let the steam bring all the flavors together. Remove bay leaf before serving.

Serves: 4

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