



Chickpea Lentil Soup

Serves 5-6

Ingredients

- ½ large brown onion, diced ¼ inch
- 1 celery rib, chopped into ½ inch pieces
- 1 teaspoon ground cumin
- 2 dashes of ground cinnamon
- About 10 grinds of fresh black pepper
- 4 cups vegetable broth or chicken broth, preferably homemade
- 14.5 ounce can diced tomatoes in juice (I use Muir Glen Organic)
- 1 ½ c garbanzo beans (equal to about 1 can if you don't have fresh). If you use canned beans, rinse and drain them. If you make a batch of chickpeas, I used about ½ cup of the liquid from cooking them. It tastes so good!
- ½ cup dried brown lentils
- ¼ cup chopped cilantro, leaves, and stems
- ⅓ cup capellini noodles, broken into 1-inch pieces
- About ½ cup fresh green beans, trimmed and cut into 1-inch pieces
- Juice of ½ lemon
- Parsley or more chopped cilantro to garnish

Instructions

Over medium heat, warm the oil in a large saucepan, saute the onion and celery gently for 10 minutes, stirring frequently.

Add the cumin, cinnamon, and pepper and stir into the mixture for another minute.

Turn up the heat, then add four cups of stock, tomatoes, garbanzo beans and lentils

Simmer for about a half hour until the lentils are soft.

Throw in green beans, capellini bits and lemon juice, cook for a further two minutes.

Remove from the heat and let it stand for at least ten minutes to finish cooking the green beans and noodles. The stew is quite thick so add more water or broth if you prefer it thinner.

Season to taste with additional salt, pepper or lemon juice, then top with chopped parsley or cilantro to serve.

Serve with pita bread or crackers.