

Chickpea Soup with Greens

1 can chickpeas, drained, rinsed and deshelled
1 tbsp olive oil
3 cloves garlic, pressed
1 onion, chopped
1 tsp cumin
1 tsp smoked paprika
1 tsp kosher salt
1/2 tsp black pepper
4 cups chicken stock or 4 cups water with 2 bullion cubes
1 tbsp tahini, mixed with 1/4 cup water
1 cup fresh spinach, chopped (or any other leafy green)
1 onion, thinly sliced and fried, optional

1. Heat olive oil and sauté garlic and onion until soft, about 2 min
2. Add chickpeas and spices. Cook for 2 min stirring constantly. Then, add stock, bring to a boil. Lower heat and simmer for 20 min
3. Blend with immersion blender until smooth. Add tahini and stir.
4. If using spinach, place handful in serving bowls, pour soup on top. If using heartier greens, add them directly to pot and Cook for 1-2 min or until wilted
5. Serve with fried onion or a drizzle of extra virgin olive oil