

!IMPACT Training ... Recipe Share:

KALE AND CHICKPEA SOUP

Perfect for Wintery Months!



INGREDIENTS

- 2 tablespoons oil
- 1 onion, cut into medium dice
- 1 carrot, cut into medium dice
- 1 large celery stalk, cut into medium dice
- 2 garlic cloves, minced
- ½ teaspoon hot red pepper flakes
- 1 teaspoon dried thyme leaves
- Salt and ground black pepper
- 1 can (15 ounces) chickpeas, drained
- 1 bunch fresh kale, stemmed, rinsed, and chopped into bite-sized pieces
- 6 cups chicken (or vegetable) broth
- ⅔ cup pearl couscous

INSTRUCTIONS

1. Heat oil over medium-high heat in a Dutch oven or soup kettle. Add onion, carrot, and celery; sauté until softened, about 5 minutes.
2. Add garlic, chili flakes, thyme, and a sprinkling of salt, and pepper; sauté until fragrant, about a minute.
3. Add chickpeas and kale; stir to wilt. Add stock; bring to a boil. Reduce heat to low and add couscous; simmer, partially covered, until tender, about 10 minutes. Serve.

NOTES

This soup can be made and enjoyed in less than 30 minutes, but it's even better when left to simmer and sit for a while, allowing the flavors to marry.

Recipe By: Three Many Cooks

Serves: 4