

Moroccan vegetable, chickpea & mint soup



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Preparation: about 20 minutes

Cooking: about 1 hour 10 minutes

Serves: 6

2 tbs olive oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
1 tbs Moroccan spice mixture
3 carrots, diced
2 zucchini, diced
1 small red capsicum, deseeded and diced
400g can peeled tomatoes, chopped (reserve juice)
6 cups chicken or vegetable stock
400g can chickpeas, drained and rinsed
1/4 cup mint leaves, chopped
1 tbs lemon juice
Salt and ground black pepper
Toasted Turkish bread and thick natural yoghurt, to serve

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 3 minutes. Stir in Moroccan spice and cook for 1 minute. Add carrots, zucchini and capsicum and cook, stirring often, for 5 minutes.
2. Add tomatoes (and juice) and stock, cover and bring to the boil. Simmer for 35 minutes. Stir in chickpeas and cook, partially covered and stirring occasionally, for a further 15 minutes.
3. Stir in mint and lemon juice. Season with salt and pepper to taste. Ladle into bowls and serve with toasted Turkish bread and yoghurt.



Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.