

# Moroccan vegetable & chickpea soup



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Preparation 25 mins | Cooking 1 hour 15 mins | Serves 6

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbs Moroccan spice
- 2 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
- ¼ cup flat-leaf parsley leaves or mint leaves, chopped
- 1 tbs lemon juice
- Toasted Turkish bread, to serve

**STEP 1** Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 3-4 minutes until softening. Stir in Moroccan spice and cook for 1 minute. Add carrots, zucchini and capsicum and cook, stirring often, for 5 minutes.

**STEP 2** Add tomatoes (and juice) and stock, cover and bring to the boil. Reduce heat, partially cover and simmer, stirring occasionally, for 45 minutes. Stir in chickpeas and cook for 15 minutes or until vegetables are very tender.

**STEP 3** Stir in parsley or mint and lemon juice. Season with salt and pepper to taste. Ladle into bowls. Serve with toasted Turkish bread.

## Good for you... **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 normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.*

