

Chickpea Soup With Spiced Pita Chips

Instructions

1. Preheat the oven to 375 degrees. Heat 2 tablespoons of olive oil in a large Dutch oven or pot over medium-high heat. Add the celery, carrots, onion, ½ teaspoon salt, and a few grinds of pepper. Cook, stirring occasionally until the vegetables are softened, about 7 minutes.
2. Add 6 cups of water, chickpeas, tomatoes, 2 teaspoons of cumin, 1 teaspoon of coriander, and ½ teaspoon of salt. Bring to a simmer and cook, stir occasionally, and slightly mash the chickpeas with the back of a spoon. Cook until the soup thickens slightly, about 20 minutes. Season with salt and pepper.
3. Meanwhile, slice the pitas into thin wedges. Toss with the remaining 2 tablespoons of olive oil, 1 teaspoon of cumin, ½ teaspoon of coriander, and ½ teaspoon of salt. Spread in a single layer on a baking sheet and bake until golden crisp, 8-10 minutes.
4. Stir the lemon juice into the soup just before serving. Top with cilantro and the pita chips.

Ingredients

- ¼ cup extra-virgin olive oil
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 large onion, chopped
- Kosher salt and freshly ground pepper
- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1 can (15 oz) diced fire-roasted tomatoes with green chilies
- 1 tbsp ground cumin
- 1 ½ tsp ground coriander
- 2 pocketless pitas
- Juice of ½ lemon
- Chopped fresh cilantro, for topping

Grocery List

Produce

- Celery
- Carrots
- Onion
- Lemon
- Cilantro

Canned Goods/Grocery

- Olive oil
- Chickpeas
- Diced fire-roasted tomatoes
- Salt and pepper
- Cumin
- Coriander
- Pocketless pita bread