

## CURRIED CHICKPEA SOUP

(Adapted from "Slow Cooker Revolution")

Serves: 6-8

2	onions, minced
2 Tbsp	vegetable oil
2 Tbsp	tomato paste
4 tsp	curry powder
1 Tbsp	minced or grated fresh ginger
2	garlic cloves, minced
6 cups	low-sodium chicken broth
2	(15 oz) cans chickpeas, drained and rinsed *
2	carrots, peeled and cut into ½-inch pieces
1	zucchini, quartered lengthwise and sliced ¼-inch thick
1 cup	frozen peas
1/4 cup	minced fresh cilantro
	salt & pepper



1. Microwave onions, oil, tomato paste, curry powder, ginger, and garlic in bowl, stirring occasionally, until onions are softened, about 5 minutes. Transfer to slow cooker.
2. Stir broth, chickpeas, and carrots into slow cooker. Cover and cook until soup is flavourful, 4 to 6 hours on low.
3. Stir in zucchini and peas, cover, and cook on high until zucchini is tender, about 20 minutes. Stir in cilantro, season with salt and pepper to taste, and serve.

### Notes:

\* I used 2 - 19 oz cans chickpeas.