



ITALIAN CHICKPEA, TOMATO & VEGGIE SOUP

THE QUEEN OF HEALTH

This is a filling and nutritious lunch or supper dish; serve with a couple of oatcakes lightly buttered or with a thin spreading of hummus. The vegetables in this dish provide a good quantity of the A,C,E anti-oxidants.

Serves 4

INGREDIENTS:

175g chickpeas (canned or soaked overnight if using dried)

- 1tsp olive oil
- 1 large red onion sliced
- 2 cloves garlic, finely chopped
- 1 tin chopped tomatoes
- 1tsp dried herbs
- 500g courgettes sliced into rings
- 125g peas or french beans
- 1tbs chopped parsley

INSTRUCTIONS:

1. Simmer the chickpeas in water until soft, Skim off any froth that rises, drain and keep the cooking water for later
2. Gently fry the onion, garlic until the onion begins to colour and soften.
3. Reduce the heat and add the tomatoes stirring together for a minute or two.
4. Add the chickpeas, dried herbs, courgettes and enough cooking liquid from the chickpeas to cover, simmer for 5 minutes.
5. Add the peas or french beans together with the parsley and continue cooking until the vegetables and chickpeas are soft but retain some bite.
6. Season with ground black pepper and a little lo-salt if required, scatter with chopped parsley and serve.