



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

APR 2020
Recipe 131

For more recipe ideas, please visit:
WWW.GCFARMS.COM/RECIPES.HTML

Garlic, Chickpea & Spinach Soup

PREPARATION

- 1 - Heat the oil in a large saucepan and cook the garlic and onion for 5 minutes, or until they are softened and golden brown.
- 2 - Stir in the cumin and coriander and cook for another minute.
- 3 - Pour in the stock and add the chopped potatoes to the pan. Bring to a boil and simmer for 10 minutes. Add the chickpeas and simmer for 5 minutes more, or until the potatoes and chickpeas are just tender.
- 4 - Blend together the cornstarch, cream and tahini. Stir into the soup with the spinach. Bring to a boil, stirring, and simmer for another 2 minutes. Season with cayenne pepper, salt and black pepper. Serve immediately, sprinkled with a little cayenne pepper.



Garlic, Chickpea & Spinach Soup

Cooks Note: This delicious, thick and creamy soup incorporating the season's fresh spinach and garbanzo beans, is richly flavored and simple to make. Add a pinch of cayenne pepper for extra spice and you'll have a savory one-pot meal.

Bon Appétit
-George

(photo by Marc-Henri)

INGREDIENTS

- 2 tablespoons olive oil
- 4 garlic cloves, crushed
- 1 onion, roughly chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 5 cups vegetable stock
- 12 ounces potatoes, peeled and finely chopped
- 15-ounces cooked chickpeas
- 1 tablespoon cornstarch
- 3/4 cup heavy cream
- 3 tablespoons tahini
- 7 ounces spinach, shredded
- cayenne papper (optional)
- salt and black pepper to taste

COOK'S NOTE:

This delicious, thick and creamy soup incorporates the season's spinach and garbanzo beans. Add a pinch of cayenne pepper for extra spice and you'll have a savory one-pot meal.

Bon Appétit!
-George