

# Chickpea Soup with Spiced Pita chips

## Cooking Instructions

1. Preheat the oven to 375 degrees F. Heat 2 tablespoons 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, 7 minutes.
2. Add 6 cups water, the chickpeas, tomatoes, 2 teaspoons cumin, 1 teaspoon coriander, and ½ teaspoon salt. Bring to a simmer and cook, stirring occasionally and slightly mashing the chickpeas with the back of a spoon, 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 olive oil, 1 teaspoon cumin, ½ teaspoon coriander, and ½ teaspoon salt. Spread in a single layer on a baking sheet. 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.

## Recipe

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

## Grocery List (add optional toppings to list as desired)

### Produce

- 2 stalks of celery
- 2 carrots
- 1 onion
- 1 lemon
- Cilantro

### Canned Goods/Grocery

- Olive oil
- Canned chickpeas
- Canned diced fire roasted tomatoes
- Salt & Pepper
- Cumin
- Coriander
- Pitas