

Spinach and Chick Pea Soup

- modified from Mark Bittman's *Leafy Greens* book

Ingredients:

- 2 cups chick peas/garbanzo beans (organic preferred)
- 1 ½ cups vegetable, chicken broth or water
- 1 onion, chopped
- 1 clove garlic, minced
- 1 pound spinach, washed, and chopped (stems removed)
- ½ tsp cumin seeds and cumin powder
- ¼ tsp cayenne pepper (optional)
- 2 tablespoons olive oil
- ½ tsp thyme

If using dry beans, soak 1 cup overnight in 2 cups water with thyme sprigs and 1 bay leaf

1. In a large pot, heat olive oil over medium heat. Add onion and cook, stirring until soft. Add garlic and cumin seeds and stir. Add spinach, raise heat to medium high, and cook, stirring until spinach wilts (about 5 minutes). Add thyme and cumin powder.
2. If using dried beans, cook beans over low heat for 30 minutes. Remove bay leaf and thyme sprigs. Add spinach to chick peas. Do not drain water.
3. If using canned beans: Add vegetable or chicken broth. Cook for 10 minutes. Add chick peas.
4. Puree mixture with hand held blender. Season with salt and pepper as needed. Serve.

Options:

- can use any greens – kale, spinach, collard greens, mustard greens, beet greens or turnip greens
- if using chard, substitute coriander for cumin and cayenne powder, then finish with 2 tbsp of lemon juice
- use lentils instead of chick peas.