

**Moroccan Chickpea and Vegetable Soup** from the *Healthy Mind Cookbook*

2 Tbsp extra-virgin olive oil  
2 small yellow onions, diced small  
1 fennel bulb, diced small  
2 stalks celery, chopped  
Sea salt  
1 small sweet potato, peeled and cut into ½" dice  
1 carrot, peeled and diced small  
1 large clove garlic, minced  
1 tsp ground cumin  
½ tsp ground turmeric  
¼ tsp ground coriander  
¼ tsp ground cinnamon  
Pinch of red pepper flakes  
Pinch of saffron (optional)  
6 cups organic vegetable stock (or chicken broth)  
4 cups cooked chickpeas or  
2(15-ounce cans), rinsed  
Freshly squeezed lemon juice  
Freshly ground black pepper  
Maple syrup (optional)  
2 Tbsp chopped fresh cilantro, for garnish  
1 Tbsp chopped fresh mint. For garnish

Heat the olive oil in a soup pot over medium heat, then add the onions, fennel, celery, and a pinch of salt and sauté until golden, about 6 minutes. Add the sweet potato and carrot and sauté another 3 minutes. Add the garlic and cook for 30 seconds. Stir in the cumin, turmeric, ½ tsp of salt, coriander, cinnamon, red pepper flakes, and saffron and stir for another 30 seconds, or until fragrant. Pour in ½ cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

Spritz the chickpeas with lemon juice, add a pinch of salt and stir, then add to the pot. Add the remaining 5 ½ cups of broth. Bring to a boil, then reduce the heat to medium, cover, and simmer for 15 minutes.

Ladle 4 cups of the soup into a blender and process for 1 minute or until velvety smooth. Stir the blended mixture back into the soup and cook over low heat, just until heated through.

Stir in 4 tsp lemon juice and a few grinds of black pepper. Taste: you may want to add a pinch of salt, a drop or two of maple syrup, or a squeeze of lemon juice.

Serve garnished with the cilantro and mint. Freezes well.