

No Cream Creamy Chickpea Soup

Do you have a craving for a creamy soup but don't want to add cream or can't have cream? This recipe is for you! Enjoy this creamy soup that will make you want to come back for seconds!

Preparation Time: 20 min.

Cooking Time: 45 min.

Servings: 5

Ingredients:

Amount	Ingredient	Cost – date:
2 Tbsp	Olive Oil	
1	Onion, diced	
1	Carrot, diced	
2 stalks	Celery, diced	
1	Potato, peeled and cubed	
1 tsp	Rosemary, dried	
1 (500 ml can)	Chickpeas, drained, rinsed	
900 ml	Vegetable OR Chicken Broth	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Sauté onions, carrots and celery until softened.
2. Add potatoes, rosemary, chickpeas and broth. Simmer until the vegetables are tender.
3. Puree with a stick blender or counter top blender. Season to taste with salt and pepper.

SOURCE: Sue T.

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11