



## Moroccan Chickpea and Spinach Soup

### Ingredients (serves 6)

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- 2 tablespoons extra virgin olive oil,
  - 3 medium onions– finely chopped,
  - 2 garlic cloves-crushed,
  - 1 + 1/2 teaspoons ground cinnamon,
  - 1 teaspoon chilli powder-to taste,
  - 2 tablespoons of tomato puree,
  - 150g (50oz) dried apricots-chopped,
  - Finely grated rind of 1/2 a lemon,
  - 4 teaspoons lemon juice,
  - 1.5 litres (2 1/2 pints) vegetable stock,
  - 250g (9oz) chickpeas,
  - 200g (7oz) fresh spinach-shredded
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### Method

1. Sauté the onions in the oil, stir in spices and garlic, cook for 1 minute
2. Add the tomato puree and cook for 3 mins
3. Add the apricots, lemon rind, juice and stock
4. Cover, bring to boil and simmer till veg tender.
5. Cool a little then blend
6. Add the chickpeas, simmer for 10 mins
7. Stir in the spinach till wilted.