Recipe for

CHICKPEA AND BROWN RICE SOUP

EQUIPMENT NEEDED Medium cooking pot with lid, stove top, mixing spoon, knife, cutting board

SERVES 7 ESTIMATED COST $8.00-$11.00 COST PER SERVING $1.80-$1.30

INGREDIENTS

- 2 tbsp cooking oil (e.g. coconut, grapeseed, canola, avocado)
- 1 medium onion, chopped
- 2-3 cloves garlic, chopped
- 3 ea stalks celery, diced
- 1 cup carrots, cut lengthwise and sliced into ¼" moons (or 1 cup frozen carrots and peas)
- 1 cup mushrooms, sliced (or 1 cup frozen mushrooms)
- 2 (12oz) can chickpeas, drained and rinsed
- 5 cups low sodium vegetable broth
- 1 tsp parsley, ground
- 1 cup brown rice, uncooked
- To taste, salt and pepper

METHOD OF PREPARATION

1. In a medium pot over medium heat add the oil.
2. Reduce to low and add the onion and a dash of salt. Sauté for 5 minutes, or until translucent.
3. Add the garlic and a dash of salt. Sauté for 3 minutes, or until fragrant.
4. Add the celery and carrots. Sauté for 5 minutes, or until fragrant.
5. Add the remaining ingredients. Cover with a lid and let simmer for 30-40 minutes, or until the rice is tender.
6. Let cool for 10 minutes, enjoy!

*Save in the refrigerator for 5 days, or in the freezer for up to 3 months!

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NUTRITION INFORMATION

Nutrition Facts

Serving size: 2 cups
Servings: 7

Amount per serving	
Calories	**368**
	% Daily Value*
Total Fat 8.1g	**10%**
Saturated Fat 3.9g	**19%**
Cholesterol 0mg	**0%**
Sodium 311mg	**14%**
Total Carbohydrate 62.1g	**23%**
Dietary Fiber 11.8g	**42%**
Total Sugars 8.6g	
Protein 13.8g	
Vitamin D 36mcg	180%
Calcium 82mg	6%
Iron 4mg	25%
Potassium 701mg	15%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

HEALTH BENEFITS

Chickpeas: Chickpeas are a great source of zinc, iron, copper, magnesium, and phosphorus. Phosphorus is a mineral that helps to maintain the structure of cell membranes and is necessary for teeth and bone health. Chickpeas are also low on the glycemic index, making them great for managing blood sugar levels and those with diabetes. Try adding chickpeas to a curry, salad, or mashed in a wrap.



HEALTH BENEFITS

Carrots: Carrots are packed with fiber, vitamin K, vitamin A, and potassium. Vitamin A helps to support immune and vision health and function, and is involved in cellular communication. As well, carrots contain beta carotene, which has been shown to reduce the risk of skin cancer and promote skin health. Try carrots as a snack with nut butter, in a wrap, or on a salad.



References:

1. Recipe provided by Kristin Schaefer

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