

Chickpea Lentil Soup

Ingredients:

- 1 medium onion, chopped
- 2 stalks celery, chopped
- ½ tsp ground ginger
- ½ tsp turmeric
- ¼ tsp cinnamon
- ½ tsp cumin
- 1 tsp salt
- ½ tsp pepper
- 1 cup lentils, soaked at least 7 hours or overnight
- 2 cups chopped cabbage or 1 cup carrots/other vegetable
- 1 can chickpeas or 1½ cups diced chicken or sausage

Variations:

Replace individual spices with 1-2 tsp garam masala or curry powder. Add garlic. Add a chopped hot pepper with onions.

Method:

- In a large pot melt 1 Tb oil or butter and sauté onions and celery until soft, about 10 minutes.
- Add spices and lentils and heat for a minute or two.
- Add water or broth, tomatoes and cabbage or other vegetables. Simmer until soft (30 minutes up to 2 hours). Add water if needed.
- Add chickpeas or meat and heat another 5-10 minutes.

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