

Spicy Tomato Chickpea Soup

Looking for a nice tomato soup to sip, but want something with a little punch? This soup has chickpeas blended right in. They not only give the soup extra body and flavor, but also pack in some protein, iron, and fiber. I like to blend the whole soup and serve it in mugs, but you can also blend only half and have some chickpea and tomato chunks in your finished soup. It's wonderful with toast!



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Makes 4 servings

step 1 Heat the oil in a large skillet with high sides. Add the onion and sauté for 2 to 3 minutes until softened. Add the garlic, cumin, and chili flakes and stir for another minute.

step 2 Add the mustard seeds, turmeric, and the drained chickpeas. Sauté until the chickpeas begin to turn golden.

step 3 Add the tomatoes and salt and let simmer for 10 to 15 minutes until the tomatoes are cooked.

step 4 Transfer the mixture—all or half of it—to a blender. Add the nutritional yeast and hot water and blend until smooth. Blend in batches if you can't fit everything at the same time. Taste and add more salt if needed. Serve with fresh cracked black pepper.

Yummy

2 to 3 tablespoons vegetable oil, your choice

1 sweet onion

2 to 3 cloves garlic, minced (optional)

1/2 teaspoon cumin

1/2 teaspoon chili flakes

1/2 teaspoon mustard seeds

1/2 teaspoon turmeric

1 15-ounce can chickpeas, drained and rinsed

1 28-ounce can diced tomatoes

1 teaspoon salt

2 tablespoons nutritional yeast (optional)

1 cup hot water

Black pepper, to taste