SOPA DE GRAO DE BICO

DIRECTIONS:

- Boil the water and stir in nutritional yeast, parsley, salt, celery seed, black pepper, and bay leaf. Set aside
- In a large saucepan or pot, heat the olive oil over medium heat. Add the onion and garlic and cook for 3 minutes, stirring consistently.
- Add the tomatoes, cabbage, potatoes, carrot, and cumin. Stir to combine and cook for 1 minute.
- Add the chickpeas and cilantro to the pot. Mix well and add the hot broth. Cook for 30 minutes over low heat.
- Using a ladle or heat-proof measuring cup, add half of the soup to a glass or stainless-steel blender to purée. If only a plastic blender or food processor is available, separate half of this soup in a heat-proof bowl and let cool until warm to the touch and then purée. Alternatively, half of the soup can be separated and puréed with an immersion blender.

Return the purée to the pot and stir in lemon juice. Serve warm.

SERVES 6 1 HOUR 5 MIN

Nutrition Facts 321 calories | 12g fat | 2g saturated fat | 611mg sodium | 46g carbohydrate | 10g fiber | 9g sugar | 11g protein

- 6 cups water

- - 1 dried bay leaf

 - crushed)

 - included)

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HEALTHIER TRADITIONS COOKBOOK



INGREDIENTS:

• ½ tablespoon nutritional yeast • 1 teaspoon dried parsley • 1 ¹/₂ teaspoons salt • ¹/₈ teaspoon celery seed • 1/4 teaspoon black pepper • ¼ cup extra-virgin olive oil • 2 medium onions, diced • 6 cloves garlic, minced • 3 medium tomatoes, chopped (or 2 cups • 3 large cabbage leaves, chopped (1 cup) • 2 medium Yukon gold potatoes (about 12 ounces), chopped • 1 large carrot, chopped 1 tablespoon cumin • 3 cups cooked chickpeas (or 2 cans of no salt added chickpeas) • 1 bunch cilantro, roughly chopped (stems • Juice of 1 lemon (roughly 3 tablespoons)