



NATURE'S PEARLS
EASY TO COOK, BURSTING WITH HEALTH



ACF Legumes from Europe Online Competition Recipe Template

Zuppetta Di Natale – Christmas Chickpea Soup

Ingredients

- 1 can Chickpeas
- 4-6 prunes
- 2 slices pasta dura bread
- 2 cloves garlic
- 1 bayleaf
- 1 cinnamon stick
- ¼ stick celery
- 1 tablespoon cinnamon powder
- 4 tablespoons extra virgin olive oil
- Salt and pepper to taste

Method

1. Strain chickpeas and wash
2. Place chickpeas into a pot and cover with water at least 2cm above chickpeas
3. Place celery in pot with chickpeas and bring to the boil
4. Once boiling add in prunes, garlic, bayleaf and cinnamon
5. Season with salt and pepper to taste
6. Cook over low heat for 30 minutes to infuse all flavours and cook through chickpeas
7. Whilst soup is cooking, dice bread and toast in a pot with oil
8. Once bread is toasted, toss with cinnamon powder and place aside
9. After the 30 minutes of cooking the soup remove aromats (cinnamon, garlic, celery, bayleaf) and pour over bread
10. Allow to sit for 1-2 minutes then serve hot

