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Chickpea & Rosemary Soup

Ingredients:

- 3 tbsp virgin coconut oil - or fat of choice
- 6 cloves garlic, chopped
- 2 tbsp fresh rosemary, chopped
- 1/2 tsp crushed red pepper flakes
- 3 (15 ounce) cans chickpeas, rinsed and drained
- 4 cups chicken bone broth
- 1 tsp sea salt
- 1 tsp fresh ground black pepper
- extra virgin olive oil

PREPARATION:

1. Heat oil over medium heat in a large sauce pan. Add garlic, rosemary and red pepper flakes.
2. Sauté about 1 minute or until garlic begins to brown.
3. Add chickpeas and cook 2-3 minute, while stirring. Add chicken broth, sea salt and pepper, bring to boil.
4. Reduce heat and simmer 45 minutes. Let cool a little.
5. Transfer to blender, cover loosely to allow steam to escape. Puree until smooth.
6. Return to pan to reheat.
7. Serve hot with a drizzle of olive oil.

Serves about 6