



## THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

### **Coconut Curry Chickpea Soup** (adapted from epicurious via Cook, Pray, Love)

Serves 4

1 tablespoon canola oil  
1 medium onion, chopped  
1 medium red bell pepper, chopped  
1 jalapeño, seeded and finely chopped  
salt  
2 cloves garlic, finely chopped  
1 teaspoon curry powder  
1 teaspoon garam masala  
2 cups low-sodium vegetable or chicken broth  
1 (15-ounce) can chickpeas, rinsed and drained  
1 cup chopped tomatoes, seeded and peeled, fresh or canned  
Freshly ground black pepper, to taste  
1 (14-ounce) can light coconut milk  
2 tablespoons chopped fresh cilantro or parsley

1. In a medium stockpot, heat the oil over medium heat. Add the onion, bell pepper, jalapeno, and a pinch of salt; cook, stirring, until softened, about 5 minutes. Add the garlic, curry powder, and garam masala; cook, stirring constantly, until fragrant, about 30 seconds. Add the broth, chickpeas, tomatoes, ½ teaspoon salt, and black pepper; bring to a boil over high heat. Reduce the heat, cover, and simmer gently, stirring occasionally, about 20 minutes.

2. Stir in the coconut milk; continue to cook, stirring occasionally, until heated through, about 10 minutes. Serve over rice, couscous, or quinoa.