

## CHICKPEA CHARD SOUP

### **Ingredients:**

3 cups (750 mL) canned chickpeas, drained and rinsed  
2 Tbsp olive oil  
1 small onion, finely chopped  
2 garlic cloves, finely chopped  
2 ½ cups Swiss chard leaves, stems removed and chard sliced  
1 Tbsp rosemary  
1 can (14 oz) diced tomatoes  
Salt  
Pepper

**Tip: you can use fresh diced tomatoes for this recipe. Add a little bit of wine or vinegar to help break down the tomatoes.**



### **Instructions:**

- Heat oil in a medium saucepan. Add onion and garlic and cook over medium heat for 4 minutes. Stir frequently.
- Add the Swiss chard leaves and stir. Cook for another 4 minutes.
- Add the tomatoes and 1½ cups chickpeas. Cook until the tomatoes have broken down to a sauce consistency.
- Puree the other 1½ cups chickpeas with 1 cup of water.
- Add the chickpea puree to the tomato mixture and simmer for a few minutes.
- Add extra seasoning, if needed.
- Serve with warm toasted bread on the side.

Serves 4 to 6 people

### **For more information**

Have a question about proper food storage? Google *Ontario Food Handles' Storage Guide*, or find it on the [www.eatrightontario.ca](http://www.eatrightontario.ca) website. Information included covers storage guidelines for vegetables, fruits, meats and prepared food dishes.