

Chickpea or Lentil Vegetable Soup

Chickpeas (dried) 1 lb. bag soak overnight. The next day, place in salted water and boil for 40-45 min. or

Lentils (dried) 1 lb. bag; wash them and soak until ready with vegetables cut up

Ingredients:

Optional:

1 Chicken breast in pieces

Little rosemary

Hot peppers

Rice or small noodles

Chicken or vegetable bouillons (2) or any organic broth

1 or 2 medium yams of your liking

Grated ginger

Parsley, oregano, basil

Bay leaves

Needed:

1 big chopped onion

4 or 5 celery stalks

6 carrots

1 or 2 small potatoes (no)

Small can of chopped tomatoes (use plum or san marsano)

Salt/pepper to taste

Little olive oil

Can add any vegetable you like (cabbage, spinach, etc. some frozen vegetables like peas do not take too long to cook so put during last 5 to 10 min.)

Large pot 1/2 full of water, add all ingredients and boil for 40minutes more or less

Check to make sure vegetables are cooked.

Boil rice or small noodles according to package directions; drain and add to the soup. Serve and enjoy!!