

Black Bean and Chickpea Soup

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A simple, hearty, and rustic stew perfect for cold winter nights, this Black Bean and Chickpea stew is deceptively easy to make. Zesty cumin and chili powder marry together the flavors of turkey, vegetables, and beans for a unique and filling stew that goes well with crusty french bread and cold beer.

Ingredients:

- 1 ½ Tbsp olive oil
- 1 lb ground turkey
- 1 onion, chopped
- 2 green bell peppers, chopped
- 5 carrots, peeled and chopped
- 1 Tbsp chili powder
- 1 ½ tsp ground cumin
- 1 tsp ground black pepper
- 2 (14.5 oz) cans diced tomatoes, undrained
- 1 c. frozen corn
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can garbanzo beans, drained and rinsed
- 1 ½ c. chicken broth

Directions:

1. In large soup pot or Dutch oven heat oil over medium high heat. Add ground beef and stir until browned, about 10 minutes. Remove from pan and set aside.
2. Place onions, green peppers, and carrots in Dutch oven and saute for 10 minutes, until onion is translucent and vegetables are tender. Add chili powder, cumin, and black pepper.
3. Add diced tomatoes, corn, black beans, garbanzo beans, and chicken broth. Stir to combine, and bring to a boil.
4. Reduce mixture to a simmer. Place about 1 ½ cups in food processor and puree for 1 minute, or until smooth. Return to stock pot and add cooked turkey meat back to mixture. Simmer over medium-low heat for 20 minutes or until cooked through.

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