

Garlic, Chickpea and Spinach Soup

Note: Arrowroot powder and tahini are available in health food stores or in health food sections of most large grocery stores. If you cannot find the arrowroot, skip it, but the tahini is necessary!

Ingredients

- 2 tbsp. olive oil
- 4 cloves garlic – crushed and chopped
- 1 onion – roughly chopped
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 5 cups vegetable stock
- 2 large sweet potatoes (or yams)
- 15 oz. can chickpeas – drained
- 1 tbsp. arrowroot powder
- 1 cup almond milk
- 2 tbsp. tahini
- 4 cups spinach – rinsed, large stems removed and roughly chopped
- cayenne pepper
- sea salt and freshly ground black pepper

Method

1. Heat the oil in a large saucepan and cook the garlic and onion for 5 minutes, or until they are softened and golden brown.
2. Stir in the cumin and coriander and cook for another minute.
3. Pour in the stock and add the chopped sweet potatoes to the pan.
4. Bring to a boil and simmer for 10 minutes. Add the chickpeas and simmer for 5 minutes more, or until the sweet potatoes and chickpeas are just tender.
5. In a medium sized bowl, blend together the arrowroot powder, almond milk and tahini with plenty of cayenne, sea salt and black pepper. Stir into the soup with the spinach.
6. Bring to a boil, stirring, and simmer for another 2 minutes.
7. Serve immediately, sprinkled with a little cayenne pepper.