

Chickpea Vegetable Stew

Ingredients:

- 1 Tbs olive oil
- 1 cup chopped yellow onion
- 1 cup chopped celery
- 3 large garlic cloves, minced
- 2 cans of chickpeas (drained and rinsed)
- 6 cups organic vegetable broth
- 1 tsp. paprika
- 2 Tbs white miso (fermented soybean paste. Most grocery stores carry this.)
- 4 carrots, peeled and chopped
- 3 cups chopped cauliflower
- 1/2 cup chopped turnips or potatoes
- 1 small bunch of kale, optional (I made mine without)
- Salt and pepper to taste, or your favorite seasonings.

Add olive oil to a large stockpot over medium-high heat. Once heated, add the onions and celery. Cook for 5 to 7 minutes. Add garlic and cook for another minute. Add the chickpeas, broth, and paprika. Bring to a boil then reduce heat. Let simmer 10 minutes. Turn off heat. Place miso in a small bowl and add about 1/2 to 3/4 cup of the hot broth. Stir or whisk until miso has melted and add to the stockpot. Use an immersion blender to puree; or place half of the soup into a blender and puree. Pour into a bowl and add remaining soup from stockpot into the blender. Once smooth, transfer both back into the stockpot, turn heat to medium and add carrots, cauliflower, and turnips. Cook until vegetables are tender. Add seasonings to taste and ENJOY!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"A good deed brightens a dark world." - Anonymous