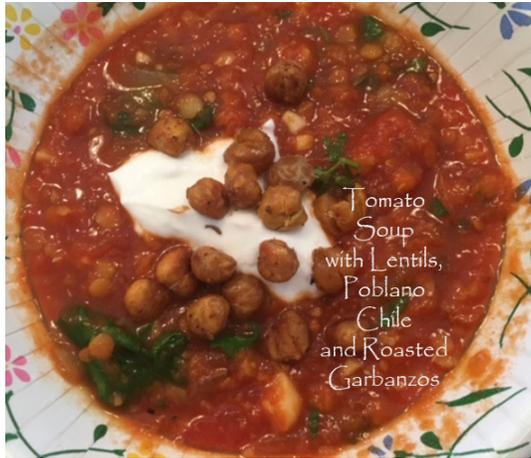


# Tomato and Lentil Soup with Roasted Chickpeas

Adapted from From Fine Cooking

Tarla Fallgatter, cooking class, Sept 2016



Tomato  
Soup  
with Lentils,  
Poblano  
Chile  
and Roasted  
Garbanzos

2 tablespoons coconut oil, or canola oil, or olive oil  
1 medium yellow onion, chopped  
2 tablespoons fresh ginger, finely chopped  
1 tablespoon chopped garlic  
1 tablespoon ground coriander  
2 teaspoons ground cumin  
1/2 small poblano chile, coarsely chopped (or use a serrano chile)  
28 ounces canned tomatoes, chopped, with juices  
2 cups low-sodium chicken broth, or vegetable broth  
1/3 cup red lentils, rinsed  
Kosher salt and freshly ground black pepper  
1/2 cup Greek yogurt, full-fat, or fat-free, for garnish

#### ROASTED CHICKPEAS:

15 ounces chickpeas, canned, drained, rinsed and PEELED, for garnish (optional)  
1/2 teaspoon kosher salt  
1/2 teaspoon spices, ground cumin, sumac, ground coriander  
2 tablespoons olive oil (might need more)

*Per Serving (excluding unknown items): 411 Calories; 19g Fat (38.7% calories from fat); 19g Protein; 50g Carbohydrate; 12g Dietary Fiber; 12mg Cholesterol; 651mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 3 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

#### Servings: 4

1. Heat the oil in a 4-quart saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until it begins to brown, about 5 minutes. Add the ginger, garlic, coriander, cumin, and chile, and cook, stirring occasionally, until fragrant, about 45 seconds.
2. Add the tomatoes and their juice, the broth, and lentils. Bring to a boil, reduce the heat to low, cover, and cook, stirring occasionally, until the lentils are tender, 30 to 35 minutes.
3. Purée about half of the soup mixture in a blender smooth. Pour back into soup pot. You may also puree all the soup (that's what was in the original recipe.) Thin with a little water if you like. Serve with a dollop of yogurt, and garnish with the roasted chickpeas, if using.
4. **ROASTED CHICKPEAS:** Position a rack in the center of the oven and preheat to 425°F. Place chickpeas on a flat pan and gently rub them and pick off the skins, being careful not to bruise and damage the bean itself as you're doing it. Repeat for all the beans. If you don't remove the skins, the beans won't get crispy.
5. Place chickpeas on a paper-towel lined baking sheet and let them air dry for at least 30 minutes. Transfer to a bowl and toss with oil and seasonings. Spread on the same baking sheet (without paper towel) and roast, stirring every 10 minutes or so, until slightly darkened and crisp on the outside, about 20-30 minutes. If they look dry, remove and drizzle more olive oil over them and return to oven. If necessary, reduce heat by 25° and continue roasting until they are crisp. Season with additional kosher salt, if desired.