

# Moroccan Chicken and Chickpea Soup with Apricot Couscous

Phillis Carey, cooking instructor, author (Jan. 2013) and she got it from food.com



**Servings: 6**

Notes: Before you start to make this soup, combine all the spices in a small bowl. If white carbs (couscous) aren't your favorite thing, reduce the amount of it in each serving.

1. **SOUP:** Heat oil in a large pot over medium heat. Add onion and cook until softened, about 5 minutes. Add ginger, garlic and all the spices. Cook for 1 minute.
2. Stir wine into vegetables and spices and bring to a simmer. Cook until liquid is nearly evaporated. Stir in broth, garbanzos, tomatoes, artichoke hearts and olives. Bring to a boil. Add chicken, reduce heat to medium low and simmer soup for 10 minutes to combine flavors. Season to taste with salt and pepper.
3. **COUSCOUS:** Heat broth (or water) in a medium saucepan with honey, olive oil, lemon juice, zest and salt to a boil. Remove pan from heat, stir in couscous and apricots. Cover and let stand until water is absorbed, about 5 minutes. Fluff with a fork before serving.
4. To serve, scoop couscous into a small ramekin and gently turn it upside down in the middle of a wide soup bowl and remove ramekin. Hopefully the couscous will stand up in the middle. Gently ladle the soup mixture around the outside of the couscous mound. Sprinkle the top of each serving with fresh cilantro and almonds.

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Per Serving (excluding unknown items): 562 Calories; 14g Fat (22.7% calories from fat); 43g Protein; 63g Carbohydrate; 7g Dietary Fiber; 60mg Cholesterol; 1393mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates.

## SOUP:

- 2 tablespoons olive oil
- 2 cups onions, diced
- 2 tablespoons fresh ginger, minced or smashed and chopped
- 1 teaspoon paprika
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon red pepper flakes
- 1/2 cup dry white wine, or vermouth
- 4 cups low sodium chicken broth
- 15 ounces garbanzo beans, canned, drained, rinsed
- 14 1/2 ounces canned tomatoes, diced, including juice
- 14 ounces canned artichoke heart, drained, chopped
- 1/4 cup kalamata olives, pitted, halved or whole
- 3 cups cooked chicken, shredded in bite-sized pieces
- Salt and freshly ground black pepper to taste
- Chopped cilantro and toasted slivered almonds for garnish

## APRICOT COUSCOUS:

- 2 cups low sodium chicken broth
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon salt
- 1 cup couscous

1/4 cup dried apricots, diced (or use dried  
cranberries or currants)

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>