



POTATO & CHICKPEA SOUP

Ingredients

- 1 Can of Chickpeas (240g)
- 1 Red Onion
- 2 Garlic Cloves (minced)
- 200g Potatoes (cubed)
- 1 Tbsp Oil
- 2 Kallo Organic Vegetable stock Cubes
- 800ml Boiled Water
- 1/4 Tsp Turmeric
- 1/2 Tsp Chilli Flakes
- 1/2 Tsp Paprika
- 1.5 Tsp Parsley Salt & Pepper
- 4.5 Tsp Cold Milk
- 2.5 Tsp Cornflour
- Croutons to finish (optional)

Prep Time

- Prep: 10 minutes
- Cooking: 15 minutes
- Total 35 minutes

Preparation: serves 2

1. Add the oil to a saucepan, slice or dice the red onion and add it in to the saucepan along with the minced garlic cloves and fry over medium heat.
2. To the saucepan add your cubed potatoes and stir occasionally to cook.
3. While that's cooking, add the vegetable stock cubes to a jug of the boiled water and stir to dissolve.
4. Add all the spices to the saucepan and stir to combine everything.
5. To that add the stock and the chickpeas and stir. In a small bowl/cup mix cold milk with the cornflour to dissolve, then stir in the mixture to the soup to help thicken it.
6. Allow this to simmer for 10 minutes, stirring occasionally, then serve.