GALICIAN GARBANZO SOUP

This recipe is slightly adapted from Mollie Katzen's cookbook *The Enchanted Broccoli Forest*. Garbanzo beans are also called chickpeas.

2 cans garbanzo beans with can liquid*
1/3 cup sherry, white wine, water, or veg broth
1 cup chopped onion
1 - 2 cloves garlic, minced
1 potato, peeled and diced
1 carrot, diced
1 stalk celery, diced
5 cups water or vegetable broth
1/2 tsp salt
1 bay leaf
1 tsp dried basil
1 tsp ground cumin
1 tsp dry mustard
1/2 tsp ground turmeric
Black pepper and cayenne pepper to taste
1/2 cup peas (frozen is fine)
1 tbsp red wine vinegar
1 medium-size fresh tomato, chopped, or 1 can diced tomatoes

1) In a blender or food processor, purée about half of the garbanzos with the can liquid (or cooking liquid if you use beans cooked from scratch). Set the garbanzos aside.

2) In a large pot, add some sherry or other liquid and sauté the onion, garlic, potato, carrot and celery until somewhat softened, about 5 minutes.

3) Add all the remaining ingredients except the peas, vinegar and tomato(es). Bring to a boil, lower the heat and simmer gently about 30 minutes.

4) Add the peas, vinegar, and tomato(es). Simmer 5-10 minutes before serving.

*You can use garbanzo beans cooked from scratch. Soak 1½ cups dried garbanzos in several cups of water, overnight or at least several hours before cooking, then drain and add new water at about 2X the volume of the beans. Cook for about an hour over medium-low heat , checking frequently to see if you need to add water, and checking at the end for doneness.







