

SAMSSites Recipes

Butternut, Kale, Chick Pea Soup

The Sunday Paper

This soup is called Soup-er Supper but that doesn't say much. This is a very tasty soup. I left out the salt and added the crushed red pepper.

- 2 Tbs of cooking oil
- 1 large onion diced
- 3 large carrots diced
- 2 cloves of garlic minced
- 1 large butternut squash in 1/2 inch cubes
- cayenne pepper
- crushed red pepper
- 1/4 tsp of allspice
- 4 sprigs of fresh thyme chopped
- 4 cups of broth
- 1 14.5 oz can of diced tomatoes
- 2 cups of kale without ribs and chopped
- 1 can of chickpeas

Put oil in a large soup pan and heat. Add onion cook for a few minutes, add carrots, add garlic then butternut squash, then cayenne pepper. Add broth, cayenne pepper, red pepper, all spice and thyme. Cook for about 15 minutes. Add tomatoes and chickpeas. Cook another 10 minutes.

