



GREENS AND BEANS SOUP

The spice combination of paprika, cumin, cinnamon, ginger, and thyme provide an aromatic blend of scents and can introduce the entire family to new flavors. These spices can also be used as rubs for meats or sprinkled on roasted vegetables. Chickpeas (or garbanzo beans) are a rich source of vitamins, minerals and fiber. This soup is sure to satisfy!

Yield: 6 servings

Ingredients

- 1 tablespoon **olive oil**
- ½ cup **onions**, cubed ¼ inch
- 2/3 cup **sweet potatoes**, cubed ½ inch
- 2½ cups **chickpeas** (garbanzo beans), no-salt-added, canned, drained, and rinsed
- ½ teaspoon **paprika**, dried, ground
- ½ teaspoon **cinnamon**, dried, ground
- ½ teaspoon **ginger**, dried, ground
- ½ teaspoon **cumin**, dried, ground
- 1 teaspoon **thyme**, dried, ground
- ½ teaspoon **salt**, table
- ¼ teaspoon **black pepper**, ground
- 5 cups **collard greens**, raw, stems removed, chopped into long thick strips (chiffonade)*
- ¼ cup no-salt-added **tomato salsa**, traditional (not chunky)
- 2 cups **water**

Instructions

1. Heat oil in a medium stock pot on medium high. Add onions and sweet potatoes; sauté until onions are soft. Do not brown.
2. Add garbanzo beans (chickpeas) and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables.
3. Add collard greens, and cook for 1 minute, stirring frequently.
4. Add salsa and 1 cup of water. Bring to a boil.
5. Reduce heat to medium, and simmer covered for 25–30 minutes or until soup has thickened and sweet potatoes are tender. Check frequently to make sure stew is not sticking to the bottom of the pot. Add more water if needed.
6. Serve 2/3 cup.

Per Serving: Calories 166, Carbohydrates 25.9 g, Protein 7.6 g, Saturated Fat 0.6 g, Sodium 293 mg, Fiber 7.6 g, Sugars 5 g

*Chiffonade in 3 Steps

1. Stack the Herbs Evenly: Stacking the herbs so that the leaves are all facing the same way will make this easier.
2. Roll the Herbs: Carefully roll the herbs into a tube. The more tightly you roll the herbs, the easier it will be to slice them.
3. Slice the roll of Herbs: With your knife point on the board, slide your knife over the herbs. Use a combination chopping and slicing motion to cut the herbs into thin ribbons, cutting each section of herbs only once. Be careful with your fingertips!

This recipe is featured in the July 2021 issue of Beyond the Kitchen and was adapted from USDA Team Nutrition.

