

# Butternut Squash, Chickpeas & Greens Soup

- Butternut squash is high in Vitamin A that helps with eye health and immune system.
- This recipe is a good source of fiber that helps to fill you up and keep your digestion regular.
- Try any hearty dark leafy greens like, mustard, kale or collard greens.
- Try it with sweet potato in place of squash.
- Try with any type of broth (vegetable, chicken or beef). If using regular broth, use one quart of broth and one quart of water to lessen the salt. You may not need to add salt, taste first.
- Try any type of beans, or mix two types. Cost will be less if using dried beans, cooked at home.
- Add cayenne pepper to your taste for a spicy

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 139mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 206mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Butternut Chickpea Soup

Servings: 8

Prep Time: 1 hour



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## Ingredients:

- 1-2 pounds butternut squash, cut 1 inch pieces
- 2 Tablespoons vegetable oil
- 1 large onion, diced
- 2 cans (15 oz.) chickpeas low-sodium, drained and rinsed
- 2 quarts low-sodium vegetable stock or 1 qt. full salt stock and 1 qt. water
- 2 teaspoons ground cumin
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 cups fresh spinach or 1 box frozen, thawed

## Directions:

1. Peel squash with a vegetable peeler and cut in half long ways. Scoop out seeds with a spoon and discard. Slice squash into 4-5 sections and cut sections into small pieces. Dice onion.
2. Heat oil in a soup pot over medium heat. When hot add onions and sauté for about 10 minutes, until soft and clear. Stir occasionally.
3. Add drained chickpeas and squash cubes.
4. Add stock (or 1/2 stock and 1/2 water)
5. Add cumin, cinnamon and salt.
6. Heat to a boil, add the lid (vent one side) and simmer for 10-20 minutes, until squash is easy to pierce with a fork.
7. Turn off heat, add spinach and stir well. Spinach will wilt quickly. (other dark greens will take up to 10 minutes, keep pot on heat).
8. Add more spices for your taste (hold the salt!) Serve over brown rice for a hearty meal.

Adapted from: Tory Avey

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