

## **Curried Chick Pea Soup**

*Courtesy Lava Lounge, Port Alberni*

- 1 large onion chopped
- 5 cloves garlic chopped
- 1 Tbsp fresh grated ginger
- 3 Tbsp olive oil
- 1 796ml can chopped tomatoes
- 2 540ml cans chick peas (well drained and washed)
- 1 tsp coriander
- 1 tsp cayenne pepper or chilli peppers to taste
- ½ tsp tumeric
- 1 Tbsp curry powder
- 1 tsp cumin
- 1 tsp celtic grey salt
- 6 cups water

Lightly brown onions, garlic and ginger in olive oil. Add the spices, then tomatoes, 6 cups water and chick peas. Simmer for an hour or until flavours are well developed.