

Turmeric Chicken & Chickpea Soup
With garlic-parmesan toasted wheat baguette
Chef Lauire



SKILLS LEARNED

- Knife- chopping
- Sauteing
- Using unfamiliar spices

EQUIPMENT

- Soup pot
- Knives
- Toaster oven
- Garlic Press

INGREDIENTS

- See below

INSTRUCTIONS

Turmeric Chicken & Chickpea Soup & garlic-parmesan toasted wheat baguette

In a soup pot heat:

1-2 Tablespoons olive oil

Sautee until brown on top, but NOT cooked through (about 3 min each side):

1 pound boneless, skinless chicken thighs

Remove from the pot onto a plate.

Add & Cook Until Soft

1 cup chopped red bell pepper

1 cup chopped onion

Add:

2 teaspoons turmeric

1 teaspoon grated ginger

2 cloves of garlic, minced

½ teaspoon salt

pepper to taste

Add:

4 cups chicken stock

2 cans (15 oz) chickpeas washed and drained

Add back the chicken to the pot

Bring to a boil. Reduce heat to medium. Simmer 15 minutes

Stir in:

1 can coconut milk

½ cup torn fresh basil

2 Tablespoons fresh lime juice

Cook 5 minutes

Garlic-Parmesan wheat baguette

Melt in a pan or microwave:

1 stick of unsalted butter

Add:

3 cloves of garlic put through a garlic press

Mix & brush onto a whole wheat baguette cut in half.

Sprinkle with parmesan cheese and toast under the broiler until brown.