

## CHICKPEA & TUSCAN KALE SOUP

### INGREDIENTS:

- 1 15 oz/425g of canned chickpeas/garbanzo beans; or equal amount of soaked dried chickpeas/garbanzo beans
- 2 cups of pure revitalized or spring water (adjust to thickness)
- 2 cloves of garlic
- 8 shakes of dried curry powder (adjust to taste)
- 3 shakes of dried cilantro; or 6 sprigs of fresh cilantro/coriander
- 1 tsp of light grey *Celtic* seasalt (adjust to taste)
- ½ tsp of red chili peppers (dried or fresh)
- 6-8 leaves of Tuscan kale
- 2 Tbsp of extra virgin olive oil
- 1 cup of small penne or shells (quinoa & rice pasta)

### DIRECTIONS:

If using canned chickpeas discard the water and rinse them well in a strainer.

If using soaked dried chickpeas, rinse the same way.

Add the chickpeas into a pot with the water, garlic, curry powder, cilantro, seasalt, and red chili pepper. Purée the ingredients.

Wash the kale well and slice ½inch strips into the soup.

Cover and bring to a boil.

Stir, cover, and simmer at a slow boil for 10-15 minutes. Do not overcook or let it dry out.

Cook the small penne or shells in a separate pot. When cooked, drain the water, rinse, and stir them into the soup.

Add 1 Tbsp of olive oil into each bowl, then pour the soup into the bowls and ENJOY!

Serves 2

Use **organic** ingredients from reputable brands

Select brands that use BPA free cans

Suitable for O blood types.

For A & B blood types, use fava/broad beans instead of chickpeas.

**Chickpeas** or garbanzo beans originated in the Middle East and were cultivated around 3000 BC in the Mediterranean basin where they spread to India and Ethiopia. They were grown by the ancient Egyptians, Greeks, and Romans and brought to other subtropical regions by Spanish and Portuguese explorers as well as Indians. They are common in many Middle Eastern and Indian dishes such as hummus, falafels, and curries.

The more common chickpeas that are cream-colored and round are called "kabuli-type."

The less common types that range from tan to black and are irregular in shape are called "desi'type." The darker color of the outer seed of these types are richer in antioxidants than the kabuli-types.

Chickpeas are high in molybdenum, manganese, folate, copper, fiber, phosphorus, protein, iron, zinc, fiber, and phytonutrient antioxidants. These include flavonoids, quercetin, kaempferol, myricetin (in the outer layer) and the phenolic acids ferulic acid, chlorogenic acid, caffeic acid, and vanillic acid, and depending on the type of bean, anthocyanins delphinidin, cyanidin, and petunidin.

Chickpeas are not only high in fiber, but their fiber provides better blood sugar and blood-fat regulation and lower level of LDL cholesterol, total cholesterol, and triglycerides than other types of fiber. Significant results with control of blood sugar and insulin secretion were achieved on 1/3 of a cup of chickpeas a day for one week. Between 60-70% of the fiber in chickpeas is insoluble fiber, which remains undigested all the way down to the end of the colon. This fiber can be metabolized by bacteria in the colon to produce large amounts of short chain fatty acids (SCFAs), including acetic, propionic, and butyric acid. SCFAs provide fuel to the cells that line the intestinal wall, which in turn lowers the risk of colon cancer.

Chickpeas also contain valuable fatty acids including alpha linolenic acid (ALA) the body's omega-3 fatty acid from which all other omega-3 fats are made.

Thus chickpeas help reduce the risks of cardiovascular disease, cancer and diabetes.

When buying bulk or packaged dried chickpeas ensure they are fresh and free of moisture, mold, light and insect damage, and cracks.

When buying canned chickpeas AVOID cans lined with BPA.

Canned chickpeas only lose about 15% of their nutrients compared to other types of canned foods. While most of the B vitamins remain, they do lose 40-45% of folate.

Dried chickpeas will last for up to a year when stored in an airtight container, in a cool, dry, dark place.

Cooked chickpeas remain fresh for about 3 days when stored in a covered container, in the fridge.

### **Tips for cooking dried chickpeas:**

Before washing, remove small stones, debris or damaged beans. Place in a strainer and wash well.

Presoak for at least 4 hours to shorten cooking time by 25% and make them easier to digest. Remove floating skins and rinse well before cooking.

Or, boil the beans for two minutes, remove from heat, cover, and allow to stand for two hours.

Add 2-3 cups of water per cup of chickpeas when cooking.

**Kale**, also known as borecole and cow cabbage, originated in Asia Minor and was brought to Europe by Celtic wanderers around 600 B.C. It was a significant crop during ancient Roman times. English settlers brought kale to the USA in the 17th century.

Kale comes in different varieties: cavolo nero (Tuscan kale), curly kale (Scots kale), and red Russian kale. Lacinato or Tuscan kale has a long tradition in Italian cuisine and dates back to the 18th century. It is superior to other varieties, tastes better, and is commonly used in soups, pastas, and salads.

Kale is a powerhouse of vitamins, minerals, and phytonutrients. Its flavonoids and glucosinolates, (glucobrassicin, glucoraphanin, and sinigrin), are converted into isothiocyanates in the digestive track, which help prevent DNA damage, various types of cancer, cardiovascular disease, macular degeneration, asthma, rheumatoid arthritis, and loss of skin elasticity.

Kale is low in oxalates and promotes urinary tract health. Its high amounts of vitamins K, C, A, beta-carotene, manganese, copper, vitamin B6, fiber, kaempferol, and quercetin, also provide strong anti-inflammatory and anti-oxidant benefits. In fact, kale has one of the highest ORAC (oxygen radical absorbance capacity) rating (1,770) among vegetables. Kale

also provides calcium, potassium, iron, vitamin E, B vitamins, magnesium, protein, phosphorus, omega 3 fats, and folate.  
Select kale that is fresh, firm, and deeply colored with moist stems. Avoid faded, yellow, or brown colored kale, which are signs of ageing.  
Keep dry and store in a plastic bag in the fridge, where it will keep for about 5-7 days.

**Absolute Organic:** <http://www.AbsoluteOrganic.com.au> 612 9764-2833

**Eden Foods, USA:** <http://www.edenfoods.com/> 1 888 424-3336

**Omega Nutrition, Canada & USA:** <http://www.omeganutrition.com/> 1 800 661-3529

**Simply Organic/Frontier Co-Op, USA:** <http://www.simplyorganic.com/> 1 800 437-3301

**Tinkyada Pasta Joy:** <http://www.tinkyada.com> 1 888 323-2388