



## Moroccan-Inspired Chickpea Soup

Serves 4

- 1 tablespoon olive oil
- 1 large onion, chopped
- Salt and freshly ground pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- Pinch of cayenne pepper, to taste
- 1 medium eggplant (about 12 ounces), cut into 1/4-inch dice
- 2 small carrots, peeled and cut into 1/4 inch-thick rounds
- 3 cups vegetable stock
- 1 cup strained tomatoes or tomato purée
- 1 (14.5 ounce) can chickpeas, drained and rinsed
- 1 cup cooked large-grain couscous
- 1/4 cup chopped flat-leaf parsley
- Harissa sauce, for garnish

1. In a large saucepan, add olive oil and onion, and season with salt and pepper. Sauté over medium-low heat until translucent, 8 to 10 minutes. Add cumin, cinnamon, and cayenne, and sauté 1 minute longer.
2. Add eggplant, season with salt and pepper, and raise heat to medium-high. Cook eggplant, stirring frequently until wilted and translucent, 6 to 8 minutes. Add carrots, 3 cups stock, tomatoes, and chickpeas and simmer over low heat, partially covered, for 20 to 25 minutes, until flavors have blended and carrots are tender. Adjust seasonings, adding more salt, black pepper, and cayenne to taste.
3. Puree 2 to 3 ladlefuls of soup in a blender, and return to the pot. Thin if needed with more stock to reach the desired consistency.
4. Ladle into soup bowls and top each one with a few spoonfuls of couscous and some chopped parsley. Garnish with harissa, if desired. Serve immediately.