

# Watercress and Chickpea Soup

Serves 8 (1 cup each)

We made this soup for our cookbook group from the Jerusalem cookbook. I chose it because we have watercress growing next to the stream on our property. We got the rase el hanout spice and rose water at Aladdin's Market on Packard in Ann Arbor. I used the technique from my hummus recipe ([link](#)) to make the chickpeas softer and then blended and strained the soup. I doubled the recipe to serve 8.



## Ingredients:

- 4 medium carrots (18 oz.)
- 6 Tbsp. olive oil
- 5 tsp. ras el hanout
- 2 tsp. Ground cinnamon
- 3 cups chickpeas (2 cans) (divided)
- 2 medium onions
- 5 Tbsp. Chopped fresh ginger
- 5 tsp. Vegetable (or meatless chicken) bullion
- 5 cups hot water
- 14 oz. Watercress
- 7 oz. Spinach
- 4 tsp. Sugar
- 1 1/2 tsp. salt
- 2 tsp. Rose water
- Greek yogurt (optional side)

## Equipment:

- Rimmed baking sheet
- Parchment paper
- Large pot
- Food processor
- Strainer

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Rinse 1 1/2 cans of chickpeas. Simmer with 3/4 tsp. baking soda		
	Peel 4 carrots and cut into 3/4" pieces	5	20
	Rinse 1/2 can of chickpeas	2	
	Mix carrots with 2 Tbsp. olive oil, 5 tsp. of ras el hanout, 2 tsp. cinnamon, and 1/8 tsp. salt	3	
	Preheat oven to 425		
	Drain chickpeas	1	10
	Line a rimmed baking sheet with parchment paper	1	
	Peel and slice 2 onions	5	
	Spread carrots on the pan and bake		
	Slice and dice 5 Tbsp. fresh ginger	3	15
	Rinse 14 oz. watercress and 7 oz. of spinach	5	
	Add 1/2 cup drained, uncooked chickpeas to the baking pan and stir to combine	2	10
	Bake carrots and chickpeas until carrots are slightly softened. Reserve for use as a topping.	10	
	In a large pot, sauté onion and garlic in 4 Tbsp. olive oil to soften		10
	Mix 5 tsp. bullion with 5 cups hot water	2	
	To the onions, add chicken stock, cooked chickpeas, watercress, spinach, 4 tsp. sugar, and 1 1/2 tsp. salt	3	
	Cook until the spinach wilts	2	
	Transfer mixture to a food processor and puree in batches. Strain to remove solids.	10	
	Return to pot. Add rose water and salt to taste.	2	
	Top with toasted carrots and chickpeas and serve with yogurt on the side	2	
	Total		1 hr. 26 min.