My True Village

Chickpea, Squash & Wild Rice Soup

Hearty, colorful, and made to fill the freezer.

MAKES 4 BOWLS · FREEZES WELL · HIGH IN FIBER

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 celery stalks, diced
- 3 medium carrots, sliced
- 4 cups butternut squash, cubed
- 1 can (15 oz) no-salt-added chickpeas, drained and rinsed
- ½ cup dry wild rice blend
- 1 tablespoon tomato paste
- 6 cups low-sodium vegetable broth
- 1 bay leaf
- ¼ cup cooked green lentils
- 2 tablespoons chopped parsley
- Black pepper, to taste

Make it

1. Heat the oil in a large pot over medium heat. Add the onion, celery, and carrots, and cook for 6 to 8 minutes, stirring, until softened. Stir in the tomato paste for 1 minute.
2. Add the rice, broth, and bay leaf. Bring to a boil, then cover and simmer gently for 15 minutes. Add the squash and cook 20 to 30 minutes more, until the rice and squash are tender.
3. Stir in the chickpeas and cooked lentils. Simmer for 5 minutes, until everything is hot. Remove and discard the bay leaf.
4. Take the pot off the heat. Stir in the parsley and black pepper, then divide into bowls and serve warm.

RICH IN PLANT IRON AND FIBER

Chickpeas, lentils, and wild rice bring plant iron and steady, filling fiber, both of which a healing body is working hard to rebuild. It makes a big batch, so there is plenty to freeze.