



Mediterranean Chickpea Soup

SERVING: 1.5 CUP
YIELD: 6

PREP TIME: 5 MINS
TOTAL TIME: 35 MINS

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 cup Yellow Potato, chopped
- 1 cup Yellow Onion, chopped
- 1 cup Celery, chopped
- 1 cup Carrots, chopped
- 1 Green Bell Pepper, chopped
- 2 tsp Minced Garlic
- 1 tsp Ground Ginger
- 1 can (15 oz) Chickpeas, drained and rinsed
- 1 cup Crushed Tomatoes (can) No Salt Added
- 4 cups Water
- 2 tsp Better Than Bouillon Seasoned Vegetable Base
- 2 tbsp Lemon Juice
- 1/4 cup Parsley Leaves or 1 cup Fresh Parsley

Seasonings

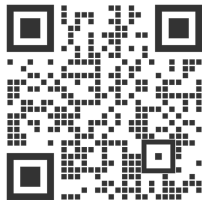
1 tsp Coriander
1 tsp Cumin
1/2 tsp Turmeric
1/2 tsp Red Pepper
Flakes

Nutrition Facts	
6 servings per container	
Serving size	1.5 cup (0.0g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat	3.5g 4%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	360mg 16%
Total Carbohydrate	24g 9%
Dietary Fiber	5g 18%
Total Sugars	7g
Includes	0g Added Sugars 0%
Protein	5g
Vitamin D	0mcg 0%
Calcium	50mg 4%
Iron	0.9mg 4%
Potassium	340mg 8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. In a large pot over medium high heat, ADD 1 tbsp Extra Virgin Olive Oil. ADD potatoes, onions, and carrots; COOK about 4 minutes.
2. ADD celery and bell peppers. Cook about 2 minutes while stirring occasionally. ADD garlic, ginger, seasonings and chickpeas. Cook about 4 minutes, stirring regularly.
3. ADD crushed tomatoes and water. Bring to a boil, stir, then reduce the heat to medium. Cover the pot part-way and cook over medium-low heat for 20 minutes or until the flavors meld.
4. Turn the heat off. Add the lemon juice and parsley. Enjoy!

*Cost information includes lower cost ingredients found at local grocery store 02/22/23.



Cost Per Recipe	Cost Per Serving
\$4.98	\$0.83

Mediterranean-style diet

This factsheet describes how to follow a Mediterranean-style diet for good health.

What is a Mediterranean-style diet?

A Mediterranean-style diet comes from the traditional eating pattern of people from countries bordering the Mediterranean Sea. These include Greece, Italy and Spain.

This diet is based on healthy whole foods and includes very few processed foods.

A Mediterranean-style diet is based on these foods:

- vegetables
- fruits
- extra virgin olive oil
- wholegrain breads and cereals
- legumes or beans (e.g. chickpeas, kidney beans or lentils)
- nuts and seeds
- fish and seafood
- onion, garlic and other herbs and spices (e.g. oregano, coriander, cumin etc.)

Can I include meat and dairy foods?

Yoghurt, cheese, milk and lean protein sources such as chicken, turkey or eggs are also eaten in a Mediterranean-style diet. Red meats and sweets are only eaten in small amounts. Processed meats (deli meats, bacon, ham, corned meats, salami or sausages) and packaged foods should be limited to rare occasions.

Can I drink alcohol?

Wine (especially red wine) is a traditional part of a Mediterranean-style diet. For people who choose to drink alcohol, wine is only consumed in small amounts and with meals.

Other eating tips in a Mediterranean-style diet

Following a Mediterranean-style diet is not just about what foods you eat but also about *how* you eat them:

- Try preparing fresh foods
- Ideally share your meals with friends or family
- Eat meals and snacks without distractions (e.g. not in front of the TV or at your desk)
- Eat slowly so that the taste and flavour can be appreciated

Why is a Mediterranean-style diet healthy?

The Mediterranean-style diet is healthy because:

- it has a good balance of healthy fats
- it is high in fresh foods and has lower levels of highly processed foods
- It is high in fibre. This makes the diet filling without providing excess calories
- It is high in antioxidants and can reduce inflammation in the body

These benefits are related to following a Mediterranean-style eating pattern as a whole, not from single foods or nutrients.

Following a Mediterranean-style diet can help people with:

- heart disease
- type 2 diabetes
- fatty liver disease
- chronic kidney disease
- depression or anxiety

This style of eating can also help to prevent people from developing the conditions listed above, as well as:

- some cancers, including bowel cancer
- cognitive decline, including dementia