

# Moroccan Soup



## *Recipe:*

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### Moroccan Soup

Serves: 6

Serving Size: ½ cup

## *Ingredients:*

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- 1/4 cup extra-virgin olive oil
- 1 large onion, medium diced
- 1 tbs garlic, ground cinnamon, cumin, sweet paprika
- 1 tsp ground cinnamon, ground cumin, sweet paprika
- 1 (14.5-ounce) can chopped tomatoes
- 3 (15-ounce) cans chickpeas, drained and rinsed well
- 2 sweet potato, peeled and diced
- 2 white potato, peeled and diced
- 1 large carrot, peeled and diced
- 4 cups vegetable broth
- 1 tbs sugar
- Kosher salt
- Freshly ground black pepper
- 2 cups spinach

## *Instructions:*

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1. Heat olive oil in saucepan over medium-high heat.
2. Add onion and garlic and sauté until the onions begin to turn translucent
3. Add cinnamon, cumin, and paprika to onions
4. Add tomatoes, chickpeas, sweet potatoes, white potatoes, carrots, vegetable broth, and sugar.
5. Bring to a simmer, and then change heat to low and simmer for 45 minutes.
6. Stir in the spinach and cook for a couple of minutes.
7. Season with salt and pepper

*Nutrition Facts:*

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Calories 347	<u>Percent of Calories</u>
Fat (g) 11	Fat: 29%
Carbohydrate (g) 47	Carbohydrate: 54%
Protein (g) 15	Protein: 17%
Sodium (mg) 760	

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG