

Autumn Vegetable Soup



Servings: 4

*2 tablespoons olive oil
3 carrots, sliced
1 onion, chopped
2 garlic cloves, minced
2 cups butternut squash, seeded and
chopped
1/4 teaspoon ground allspice
1 pinch salt
4 cups vegetable stock
1 can diced tomatoes (796-ml)
4 sprigs thyme
2 cups kale, chopped
1 can chickpeas, rinsed and drained*

Heat olive oil in a large pot over medium-high heat.

Add carrots and onion. Cook stirring occasionally until the carrots and onions begin to soften about 6 minutes.

Add garlic and cook for 1 minute until fragrant.

Add butternut squash, ground allspice, and salt. Stir to combine.

Add vegetable stock, diced tomatoes, and thyme.

Bring the soup to the boil; reduce to a simmer. Cover and simmer the soup for 10 minutes.

Stir in kale and chickpeas.

Cook the soup uncovered until the butternut squash is tender and the kale has wilted about 10 minutes.

Ladle the soup into bowls.

Serve

Per Serving (excluding unknown items): 159 Calories; 8g Fat (40.1% calories from fat); 3g Protein; 22g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 735mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 100mg Calcium; 1mg Iron; 650mg Potassium; 81mg Phosphorus. Exchanges: .