

Curried Chickpea and Sprouted Lentil Soup

From – *Giant's Savory Magazine*

1 Tbsp olive oil
1 cup chopped onion
1 cup chopped carrots
1 tsp minced garlic
2 tsp harissa seasoning
2 tsp curry powder
1 tsp ground cumin
½ tsp salt
14 ½ oz can petite cut tomatoes
32 oz vegetable stock
1 ¼ cup truRoots Accents organic sprouted lentil trio
1 can chickpeas, drained and rinsed

- Heat oil in large Dutch oven over medium-high heat.
- Add onion, carrots and garlic and saute until softened.
- Add harissa, curry powder, cumin and salt. Cook and stir for 30 seconds.
- Add tomatoes, stock, lentils and chickpeas. Bring to a boil. Reduce to simmer and cook 15-20 minutes, stirring occasionally, until lentils are tender.



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