

# Low FODMAP Vegetable & Chickpea Soup

Serves: 10

Prep: 15 minutes

Cook: 35 minutes



Ingredients	Metric	Imperial
1/3 cup garlic-infused oil	60 g	2.1 oz
3 cups green leek leaves, 1cm diced	220 g	7.8 oz
Water (extra boiling water if desired)	1500 g	52.9 oz
Diced tomato, canned	800 g	28.2 oz
2 tsp cracked black pepper	2 g	0.07 oz
1 large peeled swede (rutabaga)	168 g	5.9 oz
2 large peeled waxy potatoes	300 g	10.6 oz
Jap pumpkin, peeled	550 g	19.4 oz
2 large peeled carrots	150 g	5.3 oz
1 medium eggplant	163 g	5.7 oz
1 large red capsicum, deseeded	300 g	10.6 oz
1x400g (235g drained) tin chickpeas, drained and washed	235 g	8.3 oz
1/2 bunch silverbeet, chopped	150 g	5.3 oz
1 cup shredded cabbage (common)	115 g	4.1 oz
1 bunch parsley stalks and leaves, chopped	90 g	3.2 oz
Salt, to taste		

## Method

1. Heat the oil in a stock pot and sauté the leek leaves until they start to caramelize.
2. Add the water, pepper and tomatoes and bring to the boil.
3. Add the vegetables in order of their cooking time. That is, add the ones that take the longest to cook first. So add swedes and simmer for 5 minutes before adding potatoes, carrot and pumpkin and cook for a further 10 minutes. Then add cabbage, red capsicum and chickpeas, cook again for about 5 minutes and lastly add silverbeet and parsley and simmer for a further 2 minutes.

## Hints

- This recipe uses lots of fresh vegetables! However many other low FODMAP veggies can be substituted like parsnip, turnip, spinach, kale, eggplant and zucchini. Remember to check out the serving sizes recommended in our Monash app and use veggies that are seasonal and cheap!
- Be adventurous with your herbs and aromatics. Instead or as well as parsley use chives, sage, basil or whatever you fancy
- Why not add some extra spice during the cooking? For example, chilli, paprika, cumin, turmeric or garam masala
- Instead of salt use umami packed soy sauce
- Canned lentils can be substituted for canned chickpeas
- Ask your local fruit and vegetable shop for leek leaves as they often cut them off and discard them
- Freeze the left overs for a quick and healthy meal or snack
- For extra protein, add cooked meat, fish or tofu to your soup

Serving suggestions:

- Sprinkle with dukkah or parmesan
- Top with a spoon of natural yoghurt (lactose free if required)
- Have with one of our Monash low FODMAP certified breads or use to make some crunchy croutons to sprinkle on top

Nutrition Information (per serve)	
<b>Energy</b>	778 Kj / 186 cal
<b>Protein</b>	6.50g
<b>Carbohydrates</b>	21.00g
<b>Sugar</b>	19.30g
<b>Total Fat</b>	7.00g
<b>Saturated Fat</b>	1.10g
<b>Fibre</b>	8.60g