

Shawrbat Hummus (Arabic Chickpea Soup)

Chickpea soup is the next most popular soup after lentil soup. This recipe is from Iraq.

Ingredients

1 cup dried chickpeas

9 cups of water

2 medium onions

4 garlic cloves

1/2 cup fresh coriander **or** cilantro leaves

2 Tbs. butter

1/2 tsp. powdered mustard

pinch cayenne pepper

salt

black pepper

Utensils

knife and cutting board

measuring cup

measuring spoons

frying pan

spatula

soup pot with a lid

wooden spoon

soup bowls

This dish is seasoned to taste. Place the chickpeas and the water in the soup pot and let the chickpeas soak overnight. Peel and dice the onions. Finely chop the coriander or cilantro leaves. Peel and crush the garlic into small bits. The dish can be prepared up to this point in advance. Bring the water and the chickpeas to a boil on the stove over medium heat and cook for 1 1/2 hours. Melt the butter in the frying pan on the stove over medium high heat and sauté the onions and garlic until they turn brown. Add the coriander or cilantro leaves and continue to sauté an additional few minutes. Add the contents of the frying pan and the remaining ingredients to the

chickpeas, and cover the soup pot with a lid. Cook over medium heat for 1 hour or until the chickpeas are tender. Serve hot. The soup can be made in advance of the meal and reheated before serving.