

Chicken Soup with Chickpeas & Za'atar

Serves 4 - 6

Ingredients

4 cloves garlic

1 large yellow onion

1 yellow pepper

2 fist-sized tomatoes

2 carrots

1 tin of chickpeas

1 chicken breast (boneless, skinless) 6 - 8 oz / 170-227 gr

salt & pepper

2 T oil

½ T za'atar

1 t sumac

1 t smoked paprika

6 c / 1.5 l chicken stock

lemon juice

Directions

Chop the garlic finely

Chop the onion into small pieces (under ½")

Core & seed the pepper, cut into pieces slightly small than the onion pieces.

Core & seed the tomatoes, cutting into pieces about the same size as the onions.

Season the chicken breast with salt & pepper.

Pare the carrots, and cut into rounds no thicker than ¼"

Rinse and drain the chickpeas.

Heat the oil in a Dutch oven or large pot.

Add in the garlic and onion, cooking & stirring occasionally for about 4-5 minutes, until translucent and starting to colour.

Add in the peppers, continuing to cook & stir occasionally for another 3 minutes.

Add in the tomatoes, continuing to cook & stir occasionally for another 2 minutes.

Move the vegetables to the outside edges of the pot.

Place the seasoned chicken in the center of the pot.

Sprinkle the za'atar, sumac & smoked paprika over the chicken and vegetables.

Cook for 5 minutes, occasionally stirring the vegetables.

Turn the chicken, and cook for another 5 minutes, stirring the vegetables a bit more.

Add in the carrots and chickpeas.

Cook everything for another 4 minutes over medium high heat, stirring once every minute.

Add in the chicken stock, and bring the soup to a boil.

Reduce to a simmer, cover, and simmer for 30 minutes.

Turn off the heat and remove the chicken breast from the soup.

Let cool for 15 minutes.

Cut in half lengthwise, and pull apart the chicken.

Return the chicken to the pot.

Stir well.

Adjust the seasoning using salt & lemon juice, as needed.

Bring back to a boil and serve.

Garnish with fresh thyme.

Options:

Using a Bone-In, Skin-On Chicken Breast ~ follow the same cooking method. When you remove the chicken to cool and pull, also discard all bones and the skin (leave them on while cooking as they will add flavour)

Vegan ~ use vegetable stock and a zucchini (5-6 oz / 140-170 gr) in place of the chicken, cut it into quarters lengthwise, and cross cut into ½ inch pieces. Add to the soup with the spices when you add in the carrots and chickpeas.

Yogurt ~ serve with a dollop of plain Greek yogurt or sour cream.

Za'atar :

Mix together:

1 T dried thyme

1 T toasted sesame seeds

2 t ground sumac

½ t fine salt

Store in a small jar or sealed bag for up to a month.

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